BBC goodfood
Middle East
November 2018
DHS15
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Let's go al fresco

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- One-pan seafood roast
- 5-ingredient no-churn ice cream

easiest ever
midweek meals

Luscious mini cheesecakes

+ Tried & tasted

- *Tacos at La Carnita DXB*
- *Morimoto's Japanese Brunch*
- *Brazilian Churrascaria at Fogueira*

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Taste of Abu Dhabi • Healthy recipes • Dubai's must-try restaurants • How to pack a picnic

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ATLANTIS
THE PALM, DUBAI

Welcome to November!



Our favourite time of year in the Middle East has officially arrived – al fresco dining season! As we move back outside to enjoy the much-anticipated cooler weather after what seems like a very long and hot summer, we've curated this issue to act as an essential guide for dining outdoors.

Inside you'll find a great selection of light and refreshing dishes that are ideal for serving in the garden, cold drink in hand, with friends and family.

Host a cook-out to remember with recipes from page 29 onwards *(Let's eat outside)*, the beetroot hummus party platter is sure to impress, while the one-pan seafood roast is easy to prepare and is seriously finger-licking good, not forgetting the stars of our front cover for dessert – little buttermilk cheesecakes with honey roast summer fruits.

This month also sees the ninth edition of the *BBC Good Food Middle East Awards*, which recognises and celebrates the very best culinary talent in the region. On behalf of the entire team, we'd like to wish all of the finalists in this year's Awards the very best of luck, and say a big thank you to all of our readers for taking the time to vote for your favourites. Winners will be revealed at a glittering ceremony on November 27 – so be sure to look out for the announcement on our website.

Enjoy al fresco dining in the sunshine this month, everyone!

Happy cooking,

Sophie
Editor

WHAT WE'RE LOVING!



"Bursting with flavour, these honey & soy chicken thighs with sesame broccoli make for a quick and delicious dinner," says sales executive, Liz.



Online editor, Glesni says: "This epic summer salad makes for stunning centerpiece for any BBQ or garden party."



"These sticky jerk lamb kebabs are a real crowd-pleaser," says graphic designer, Froilan.

BBC goodfood Middle East

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FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PRINTED BY
Emirates Printing Press LLC, Dubai

PUBLISHED BY
CPI MEDIA GROUP
CPIMEDIAGROUP.COM

Head Office:
Media City, Building 4, Office G-08
Dubai, United Arab Emirates, PO Box 13700
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BBC Good Food ME magazine is published by CPI Media Group under licence from Immediate Media Company Limited, Vineyard House, 44 Brook Green, Hammersmith, London W6 7BT.
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V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.
1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

gf YOUR SAY

We love hearing from you!

STAR LETTER



I like the reviews of the restaurants in *BBC Good Food Middle East*. As a determined foodie, I find many of the reviews to be pretty fair and informative, and it keeps me up to date on what's happening and new places to try. I use it as a shortcut when I want to go out for the evening but am a bit too lazy to do a lot of research on where to go. I appreciated the FIVE Palm review as I had no idea what was there, so I went for shisha and drinks to the rooftop bar and the view was pretty spectacular.

I also like the balance of recipes between rich and healthy, and there is a good variety of cuisines for a palate that appreciates diversity – from complex dishes to something simple that can be thrown together in a hurry. Great content overall!

Jessica Roberts



BBC Good Food ME, thank you for your article in the October issue about Saadiyat Rotana Resort & Villas – I had no idea the hotel had opened. My friend and I booked a staycation there last week and we absolutely loved it! It's the perfect place to relax for the weekend and had some great restaurants serving fantastic food at affordable prices. Keep the recommendations coming!

Cara Lafontaine



Last month's issue had such a great selection of recipes, thank you! I particularly loved the 'healthy pasta recipes'. I really struggle to stay on the healthy track, as I so often crave 'comfort food'. Recipes that combine both comfort and healthy ingredients are perfect for me and my family, please continue to share recipes like this – I love them!

Sofia Brown

WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola,** the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: **www.tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

Compiled by SOPHIE VOELZING | Photographs SUPPLIED



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Festive Season

It's the best time of the year to gather your loved ones to share treasured moments together.

Celebrate the Festive Holidays with us!

Christmas Eve Dinner
Festive buffet or ala carte dinner at The Palm Garden, Peacock Restaurant or Ciao Ristorante.
Packages starting from AED 280 per person.

Christmas Day Brunch
Lawn Gazebo
Lavish brunch featuring traditional Christmas specialities and live entertainment.
Packages starting from AED 280 per person.

New Year's Eve Gala Dinner
New Year's Eve Gala dinner in the lush garden facing the Arabian Sea with live cooking stations and live entertainment.
Packages starting from AED 990 per person.

For the full list of our Festive Season events and reservations, please call +971 4 315 3861
or email Jumeirah.Restaurants@sheraton.com

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



FIRST VIRTUAL FOOD MARKET DEBUTS ON DELIVEROO

You can now select dishes from multiple restaurants in the same order, so everyone gets what they want!

Just when you thought hungry Dubaians couldn't get more spoilt for choice, Deliveroo has launched the world's first virtual Food Market (Downtown: Food Market DT / JLT: Food Market JLT). Powered by Deliveroo Editions, super kitchens that house delivery-only restaurants, Deliveroo's Food Market seamlessly connects multiple restaurant POS systems with a single customer order, giving customers the option of selecting dishes from different restaurants in the same order. It's perfect for those ordering in groups who prefer different cuisine types. You can now make everyone happy at family gatherings, and this includes your burger-fanatic dad, zaatar-loving cousin and mantoush-manic mum.

Some of the restaurants available through the virtual market include Black Tap, Cha Cha Woo, Wagamama, PINZA, Wild & the Moon, Salad Jar, and more.



THE BEST BITES

A tea-filled advent calendar

The House of Newby advent calendar makes the festive countdown even more opulent than ever for tea lovers. The stunning, five-story façade depicts the iconic frontage of Newby's own headquarters: N. Sethia House. Depicting a glamorous Venetian masquerade festive soiree in full swing complete with a smattering of snowfall, the calendar is a work of art you'll look forward to opening every morning.

From the opening of the first drawer on December 1, tea lovers experience 24 luxury blends from Newby's Classic Tea Bag Collection. Each drawer is packed with four individually wrapped sachets of a select Newby blend, and no two drawers are the same; meaning every day promises a different premium black tea, green tea, oolong tea or tisane, crafted with great care and expertise by Newby.

Selecting the best leaves from prime harvest seasons, Newby's dedicated tea tasters trial thousands of cups before selecting bespoke blends. These high-grade teas are then preserved at a state-of-the-art center in India's finest tea-growing region, ensuring an unbeatable level of quality and freshness. For more information or to purchase, visit newbyteas.com.

Text SOPHIE MCCARRICK | Photographs SUPPLIED

The Entertainer 2019 has launched



The much-loved money-saving platform, The Entertainer, has launched its 2019 products with hundreds to buy one get one free discounts and offers across the UAE, as well as attractive bundle offers for even more value. The Dubai Bundle 2019 includes all five of the Dubai products (Dubai, Fine Dining, Cheers Dubai, Dubai Fitness and Dubai Body) and you can grab it now and save yourself up to 30% off with early purchasers paying Dhs782.25 (incl VAT). With over 10,900 offers for the best restaurants, attractions, golf courses, spas, salons, bars, nightclubs, gyms, fitness classes, retail offers and much more, the Entertainer's deals include some of Dubai's best restaurants like At.mosphere and La Serre.
The 2019 products are available to purchase individually through the website or the App at a special early bird price (for a limited time). As well as making savings of up to 30%, early purchasers will also benefit from immediate access to the current 2018 offers, meaning you can start enjoying savings right away. Visit theentertainerme.com.

Roberto's DIFC reopens after refurb



Lovers of classic Italian food with a modern twist will be pleased to hear that Roberto's fine-dining restaurant, lounge and bar in DIFC has reopened after a summer of intensive renovation work, offering both indoor and outdoor seating. Drawing on modern and classical Italian designs, the new interior highlights a refurbished and expanded lounge, two sleek bars, and a new entrance – all perfectly complementing the incredible views of the urban Dubai skyline. In line with the renovation, the menu also underwent a few updates to include refreshed dishes including Insalata al 4 Semi (baby spinach, kale salad, clementine, peanuts, baby gem and agave dressing), Calamarata Gamberi e Pistacchi (calamarata pasta with gamberi rossi, burrata and pistachio in AOP sauce) and Polpo (slow cooked roasted octopus, artichoke and cacio e pepe sauce). Visit robertos.ae or call 04 386 0066.

HEALTH BENEFITS

BLACKBERRIES



Nutritionist Nicola Shubrook explains why these juicy, sweet and jewel-like berries are so good for you...

- High in antioxidants
- Provides minerals including potassium and magnesium
- 10 blackberries count as 1 of your 5-a-day
- Rich in vitamins A, C, E and some B vitamins

TOP APPLIANCE PICK



PERFECT FOR BALCONY BARBEQUING, THE SPACE GRILL – A FULL SIZE, INDOOR CERTIFIED, FOLD-AWAY BBQ – HAS LAUNCHED IN THE MIDDLE EAST.

With many of us Dubai and GCC residents enjoying apartment living, the Space Grill is a new-to-the-region cooking solution for those who enjoy al fresco balcony dining but don't have the space for a full-sized BBQ. Developed as the ultimate outdoor cooking solution, Space Grill is a fold-away BBQ for those with limited outdoor space. Whether you have a smaller garden, a compact terrace area or balcony, you can now enjoy the delightful aroma and overall enjoyment that a BBQ brings. The Space Grill retails at Dhs3,799 including VAT and will be available from October 2018 through select retail partners and online at ae.space-grill.com. Space Grill is offering a 25% discount by simply quoting LAUNCHOFFER on purchasing. Call +971 58 5503078 for more details, to book a demo and to avail the offer with free installation same day.

Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

The Meat Co, Souk Al Bahar

After 120 days, The Meat co at Souk Al Bahar returns with new branding, a revamped menu, and a stylish venue featuring a floating deck. With a plethora of food options from the menu, the cuisine is nothing if not filled with variation. Group Executive Chef Praba Manickam and the team have designed an array of flavourful dishes, including newcomers such as tuna tartare and wagyu carpaccio. Unique in its design, visitors will find an abundance of stunning characteristics that run throughout each space, giving the brand its powerful spirit and familiar heritage. True to its brand, South Africa is a perfect meld of African hospitality and breathtaking landscape – reflected on the warm tones and elements. Visit themeatco.com.

The Hideout, Marina Byblos Hotel

Coining the phrase 'gastroclub', The Hideout offers a brunch come club concept that focuses on value and entertainment. Located in Marina Byblos hotel, the new venue opens its doors to the public in November and will host a number of live acts, DJs and alternative experiences over the coming months. The idea of the daily brunch from 8pm till 11pm is to offer value and convenience. The brunches will be themed depending on a variety of factors: the day 'Sunday Roast'; the time of the month 'Budget Brunch' (month end); or time of the year 'Christmas Munch', making it the go-to for birthdays, office parties, teacher's stress relief, 'rents' night out, or any-day-of-the-week fun. An a la Carte menu will also be available throughout and drink deals a standard. E-mail info@thehideoutdubai.com.

The Duck Hook & Hillhouse Brasserie, Dubai Hills Golf Club

JRG Dubai is launching two new dining concepts at Dubai Hills Golf Club in the heart of the Dubai Hills Estate. Featuring views of the 18-hole championship course in Dubai Hills Estate, the Dubai Hills Golf Club outlets being overseen by JRG Dubai include The Duck Hook, a 'sporting country-style gastropub', and Hillhouse Brasserie, an upmarket boulangerie and brasserie. The Duck Hook promises an upgrade on the typical '19th Hole' experience, with classic gastropub favourites, while the upmarket, yet unpretentious, Hillhouse Brasserie is a chic and casual all-day eatery and community hangout. During the family-friendly day vibe, Hillhouse Brasserie will serve coffee and honest, hearty food. As the sun goes down, the venue will morph into a buzzing brasserie where a focus on quality will align with value for money. The Duck Hook is slated to open by mid-November 2018, while Hillhouse Brasserie plans to throw open its doors early December 2018. Call 04 432 3232 or email restaurants@jumeirah.com.

The Meat Co, Souk Al Bahar

Text by SOPHIE VOELZING | Photographs SUPPLIED



Sidra Lobby Lounge, Habtoor Palace

Located in the recently rebranded Habtoor Palace, LXR Hotels & Resorts, Sidra Lobby Lounge, has introduced a brand new Grand Afternoon Tea, available every Saturday from 2pm-5pm for Dhs225. The afternoon tea experience will comprise of numerous courses, including a large selection of finely cut sandwiches, a mouth-watering range of pastries and teacakes alongside an array of traditional freshly baked scones with clotted cream.

A salmon station will be set up for the whole afternoon, where the Chef will be carving three types of home-cured salmon onto fresh bagels and then served up to each guest's tableside. The five-course menu will be completed with a homemade sorbet floating on a cloud of smoke. For a true palatial experience, guests have the option to choose from a selection of the 18 finest types of loose-leaf teas. Sidra Lobby Lounge's trained team will be on hand to ensure that each cup of tea is brewed to absolute perfection. The elegant ambiance is complemented by a musical ensemble with a female trio, including the resident pianist, cellist and violinist. *Call 04 435 5555.*

MATTO, The Oberoi Dubai



Every Monday, MATTO Mondays mean non-stop pizza at MATTO from 7pm until 12am. If you're a lover of pizza, head to MATTO hungry on Mondays, where you'll be able to enjoy an unlimited amount of signature pizzas for five hours. There are various food and beverage packages available, starting from Dhs100. For more information or to make a reservation, *call +971 4 444 1335, or e-mail reservations@mattodubai.com.*

Fogueira Restaurant & lounge, Ramada Plaza Jumeirah Beach



Satisfy your carnivorous cravings with a feast of succulent all-you-can-eat Brazilian style meat at Fogueira. Indulge with 20+ cuts of Brazilian barbequed meat, unlimited Brazilian drinks, live music from a Latino band paired with amazing views from the 35th floor.

Various packages are available, starting from Dhs370 with soft drinks and juices. For more information or to make a reservation, *visit ramadaplazajbr.com/dining/fogueira-restaurant-lounge/ or call +971 4 439 8888.*



WAKA, The Oberoi Dubai

Nikkei Mondays have relaunched at WAKA. Every Monday from 7pm onwards, enjoy all-you-can-eat maki, nigiri and tempura with one glass of beverage for Dhs120 (additional drinks packages are available). Culinary delights on offer are inspired by the fusion of Peruvian and Japanese cuisine, which is known as the Nikkei-style of cooking. For more information or to make a reservation, *visit waka.ae or call 04 444 1455.*

Channels, Media Rotana

Travel through a different region every day at Channels, where you can enjoy delectable and masterfully prepared dishes from an extensive buffet of cuisines from all over the world. Choose your favourite cuisine and explore diverse culinary cultures with daily theme nights. On Sunday it's International night, Monday is Japanese night, Tuesday is Mexican night, Wednesday is Lebanese night, Thursday is Asian night, and Friday is Seafood night. Prices start from Dhs189 for food, soft drinks and juices, with other packages available. For more information, please contact us at *04 435 0201 or email fb.medi@rotana.com.*

West 14th, DUKES Dubai

Looking for a perfect family bonding on a weekend? Dukesy Family Brunch is back and now on Saturdays at West 14th! Bringing you the best kids entertainment, delicious BBQ cooked meats and live stations with the stunning view of the Dubai Marina skyline and live music.

An award-winning steakhouse, West 14th offers sumptuous cuts of prime beef from all over the world as well as seafood platters for guests with diverse tastes. The New York, loft-inspired restaurant boasts floor to ceiling windows with views of the infinity pool and breathtaking Gulf just beyond. You could also enjoy aperitifs and the sea breeze on the outdoor terrace accompanied by exotic shisha flavours of grape mint, sweet melon and the house special, fresh pineapple. A great spot for BBQ nights or Saturday brunch. Satisfy your cravings with flavouful premium cuts of beef served at the terrace with breathtaking views of the Arabian Gulf and Dubai Marina skyline. Brunch takes place from 1pm to 4pm every Saturday, with prices starting from Dhs315 per person for food and soft beverages. Children from 6-12 years are priced at Dhs160 per child. For reservations, *please call: +971 (0) 4 455 1101 or email: dining.dubai@dukeshotel.com.*



AUTHENTIC BUTTER
A SOURCE OF
PLEASURE

White, yellow, tender, smooth, soft, flavored, salted...
Butter takes many forms, textures, colors and flavors.
How can you tell the difference and how do you choose the best one?

FIRST THINGS FIRST, WHAT IS BUTTER?

Butter is the milk fat obtained by beating the cream pulled from milk. It consists, according to the regulations, of a minimum of 82 % of fats of dairy origin and of a maximum of 16 % of water in the form of droplets.

NOT ALL BUTTER ARE CREATED EQUAL

The best butter takes time to make. In Europe, the process of making butter is comprised of seven stages from milking, to the dairy to the packaging. Above all, it is necessary to respect the time of maturation, of churning, of kneading. The time spent is what gives added value to the product: the taste, the aroma, the texture.

So of course you will have understood: origin is one of the most important factors when choosing butter.

European butter is an entirely natural product in its pure state. Making 1kg of butter requires 22 liters of milk. And that's it! By law, in France, only salt can then be added, to obtain a salted butter. It has been made the same way for thousands of years and is still as smooth, soft, and delicious as it always has been. Even through the ages, it has remained a natural and traditional product, an emblem of European agriculture and gastronomic cultures. Embedded in regional products and ancestral expertise, it is the benchmark product of pleasure and gastronomy.

DID YOU KNOW?

European Butter
is 100% natural:
soley containing cream, milk and ferments.

—

European Butter
is a traditional product, an emblem of European agriculture and gastronomic cultures.

—

European Butter
Can be yellow as a result of the grass which the cows eat!



BUTTER: COOK IT OR SPREAD IT!

Butter is a food, much more than a mere ingredient, and it reveals numerous flavors. It fits into elaborate dishes and simple recipes alike. Nowadays, we readily place it at the table, at the forefront, as we would do a noble product. Butter, an essential ingredient for new culinary trends, is an ever-renewed source of inspiration.

BUTTER, OIL, MARGARINE: WHICH ONE HAS THE HIGHEST FAT CONTENT?

Butter and margarine have the same fat content: 82%. Butter is animal-derived, from cow's milk; and margarine is from vegetable origin, from sunflower seeds. However, oil (regardless of its type or origin) has a 100% fat content.

WHITE BUTTER, YELLOW BUTTER, WHAT'S THE DIFFERENCE?

Be it yellow or white, butter contains 82% of fat. The yellow color is the result of beta-carotene, which is naturally found in milk and transforms into vitamin A in the body. Beta-carotene is found in grass fed cows: the more grass a cow eats, the more likely the butter will be yellow in colour. Consequently, butter is stronger in colour during spring, as cows eat fresh grass. Summer butter is also richer in vitamin D: it is synthesized by the cow when it is exposed to the sun, which in turn is found in the milk and the butter. In Europe, cows eat grass in the meadow, that's why you can find both white and yellow European butter!

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BUTTER OF EUROPE
FRENCH BUTTER, THE SECRET TO MAKE THE DIFFERENCE
CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION
ENJOY IT'S FROM EUROPE



COOKING WITH BUTTER IS A MAJOR BASIS OF EUROPEAN CULINARY HISTORY

More than 95% of chefs in France and Europe say that butter is essential for cooking and baking, especially for its flavor. Its malleable texture enables it to create audacious fantasies. This is why it is now widely used in cutting edge and refined dishes. But, above all, this aroma capturer has tickled the imagination of chefs, who create unusual, sophisticated recipes to surprise audiences of consumers who are becoming increasingly numerous and demanding. According to Eric Trochon, Meilleur Ouvrier de France 2011, "Butter is an incredible holder of aromas, the buttery note prolongs the taste of food in the mouth. It ennobles the simplest products and provides that little «French twist» which is essential for all other preparations."

THE RIGHT AMOUNT OF EUROPEAN BUTTER. AND A DASH OF EXPERTISE

Every chef has his own tips and secrets to use it wisely and in the right way. Above all, they recommend always choosing high quality butter containing 82% fat and, in particular, to avoid substitute products such as vegetable fats and other blends. Using European butter ensures this high quality. Cooking with butter requires managing it as a raw material. In the same way as any other product, it has to be respected to preserve its qualities. Not overcooking it, not adding too much, to obtain the most flavorful dish, which must never leave an impression of fattiness or heaviness.

BUTTER IN MIDDLE EASTERN RECIPES? WHAT A GOOD IDEA!

Cuisine is in perpetual movement. Worldwide, chefs are rewriting the traditional codes for more creative cooking. The secret to achieving a modern approach? Using adaptable products like European butter!
Chef Maroun Chedid, from Beirut, Lebanon, told us: "European butter is a versatile product, a delicious enhancer for so many foods and the essential ingredient for baking"

Chef Maroun Chedid's reveals his secrets when working with European Butter:

According to me, the most important thing when cooking with butter is to choose carefully a high quality butter because it composes the main base of a recipe and can drastically change your dish. European butter is always a good choice to offer the best quality dish to our customers.

I have some secrets when working with European butter, for instance when I emulsify my sauces I always use knobs of very fresh butter to keep them from breaking and ensure they remain stable.

Another tips for you to obtain a new dimension of flavor with a long-lasting taste in mouth; umami, is to use smoked butter.

Bon Appétit !

ALL-OUT BRUNCH





EAT
like a king





DRINK
like a fish





BRUNCH
like there's no tomorrow



Go all-out with our Friday Brunch now re-launched at our outdoor terrace. Over 100 dishes, 10 live stations, Teppanyaki, kitchen visit, food truck, kids' zone and more...

fridays 12.30 – 4.30 pm
(Happy Hours from 4.30 to 9 pm)

Packages from AED 259 per person



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Log on to **rotanatimes.com/amwajrotana**, call **04 428 2000** or email **fb.amwaj@rotana.com**



Amwaj Rotana
Jumeirah Beach – Dubai

EAT OUT ABU DHABI

Dining deals and happenings in the capital this month.

FAIRWAYS, THE WESTIN ABU DHABI



With F1 taking place in Abu Dhabi this month, Bubbalicious Brunch at Fairways is hosting a series of specially themed racing brunches on November 9, November 16 and November 23. During brunch, which takes place 12.30pm to 4pm every Friday, guests will have the chance to win tickets to Formula 1, with the winner to be announced on November 23. During brunch, fuel up with signature drink stations, live entertainment and mouthwatering food. Packaged start from Dhs336. For bookings, please call 02 616 9999 or please visit fairwaysabudhabi.com.

MEZLAI, EMIRATES PALACE



Designed to recall an airy Bedouin tent, Emirates Palace's award-winning Emirati restaurant, Mezlai, pays homage to Abu Dhabi with décor and a menu steeped in the heritage and geography of the UAE. Immerse yourself in a truly magical atmosphere, every Thursday and feast on sumptuous dishes from the kitchen and live cooking stations, prepared by Mezlai's Emirati Executive Chef Ali Ebdowa. Marvel at the talented henna artists and unwind with hubbly-bubbly and Arabic coffee in the Bedouin tent, as our traditional oud player transports you to an ethereal Arabian fantasy.

Mezlai's tent motif elicits a millennia of Arabian culture and hospitality under which diners emerge as royalty. In planning its menu, Mezlai creates dishes with ingredients derived from the sea, mountains, oases and desert that evoke the region. The menu features decadent updates on staples of the Arabian diet accenting expected ingredients, such as za'atar, camel and dates, and introducing the unexpected flavours of saffron, rosewater and hand-picked wild oregano. A meal in Mezlai is a window into Emirati culture, a warm welcome to the long history of Arabian hospitality and a journey into flavours as old as the sands of time, which taste as fresh and inspired as this city of tomorrow. No stopover in Abu Dhabi is complete without sampling the local flavours and dining as the locals do. Taking place every Thursday as of November 1, prices start from AED325 for food and beverage. Call 02 690 9000.

AZURA PANORAMIC LOUNGE, THE ST. REGIS ABU DHABI



This November, Azura Panoramic Lounge invites you to a Spanish Fiesta with Guest Chef Jordi Bataller from Barcelona, bringing popular Spanish tapas to Abu Dhabi. Explore a menu of new and old Spanish flavours and techniques that make Spain one of the countries with the richest and most varied of cuisines, artfully bringing out the best of local ingredients, which in spite of their simplicity, are true gems of world cuisine.

A sumptuous line-up of much loved Spanish favourites will be available for four days from 14 – 17 November at Azura Panoramic Lounge, featuring succulent Spanish lamb confit and seafood paella, patatas bravas, traditional Andalusian gazpacho and fried aubergines tempura with sugar cane honey as well as mouth-watering classic crema catalana and Andalusian torrijas served with turron nougat ice cream for dessert. For reservations and more information, please email restaurants.abudhabi@stregis.com or call 02 694 4553 or visit azuraabudhabi.com.

SOFRA BLD AT SHANGRI-LA HOTEL, QARYAT AL BERI, ABU DHABI



Shangri-La Hotel, Qaryat Al Beri has launched WonderBrunch, its brand-new Friday brunch concept that caters to the interests of families in the Capital. Every Friday, Sofra BLD creates a wonderland of fun activities for children, while the adults can enjoy the signature brunch buffet with cuisines from all around the world.

With the all-new WonderBrunch concept, guests can focus on having a great time at the award-winning restaurant sampling traditional dishes from the food stations dedicated to different regions, while a dedicated team keeps the little ones entertained with a wide range of games, art and crafts sessions and a petting zoo.

To make sure the children also enjoy the food selection, the WonderBrunch will also feature a special kids' buffet. And that's not all; brunch-goers can also enjoy the excellent view of Abu Dhabi's iconic landmarks from the luxurious infinity pool and private beach.

It's not just all play; there will be live music performances for the full three hours with genres changing based on audience interests. Hosted every Friday from 1pm until 4pm, the WonderBrunch is inclusive of beach and pool access. Prices start at AED 279 for food with soft beverages and water. Children below the age of 6 years dine for free, while those between 6 and 12 years can enjoy brunch for half price. For bookings, please call 02 509 8888.

Text SOPHIE VOELZING | Photographs SUPPLIED

FOR THOSE WHO CANNOT WAIT AND THOSE WHO ARE TOO LATE

FESTIVE *Cravings*

It's that time of the year again! Marriott International Hotels in the UAE are kicking off thanksgiving and the festive season early with four amazing offers. From 15 November 2018 – 15 January 2019, enjoy the options of 2 for 1 on main courses & drinks, kids eat free, 30% discount for groups and free drinks with dinner at over 80 venues! So, whether you want to celebrate with your family, friends or work colleagues, Marriott International has you covered.

To see the full list of participating restaurants and bars, visit
FestiveCravings.com



Bleu Blanc by David Myers

Renaissance Downtown Hotel, Dubai

Group 30% Discount

Refined French farmhouse flair by Chef David Myers in the heart of Dubai. It all begins from the moment you step through the rustic blue doors. The focal point of the restaurant and its menu is the wood-fired grill, representing the fire that often is reminiscent of the heart of a French farmhouse - a source of warmth that brings loved ones together.

+971 4 512 5533
lets.eat@bleublanc-dubai.com
FestiveCravings.com



Khayal Restaurant

Marriott Hotel Al Forsan, Abu Dhabi

Group 30% Discount

An all-day dining restaurant offering a diverse Khayal is a unique interactive dining concept with tasting portions of appetisers, salads and desserts, prepared at 6 live action cooking stations. From hearty breakfasts and quick lunches to social dinners and post-work drinks, there's much to look forward to Khayal, whatever the time of day.

+971 2 201 4131
mhrs.auhal.restaurant.res@marriott.com
FestiveCravings.com



BHAR

Renaissance Downtown Hotel, Dubai

Group 30% Discount

BHAR, the Arabic word for 'spice', is designed to awaken the senses, evoking a feeling of tradition in a contemporary Middle Eastern style brasserie. It's a place where the dishes on the tables are just as playful as the restaurant's color palette, and guests are encouraged to come as they are. From sunrise to sunset, BHAR will add a little spice to your life.

+971 4 512 5511
rhi.dxbbb.rr@renhotels.com
FestiveCravings.com



Neighbourhood

Courtyard Dubai, Green Community

Free drinks

The venue combines trendy industrial interiors with an outdoor terrace, complete with panoramic views overlooking the lake and greenery of the nearby Green Community. The menu features British gastro-pub favourites including great roasts, fish and chips and an extensive selection of delectable desserts.

+971 4 885 2222
cy.dxbcy.dining@courtyard.com
FestiveCravings.com



Scots American Grill

Marriott Hotel Al Jaddaf, Dubai

2 for 1 on mains & drinks

Scots American Grill is a fusion of two great nations that produce the best in quality steak and seafood. The steakhouse celebrates the tradition of Scottish fine foods and combines them with new tastes from America, creating a unique menu and dining experience. With quality aged meats, perfectly smoked salmon and unique cross culture dishes, Scots American Grill is the perfect blend of fine tradition and new tastes.

+971 4 317 7777
mhrs.auhal.restaurant.res@marriott.com
FestiveCravings.com



CHIVAL Cosmopolitan & Social Cuisine

La Ville Hotel & Suites CITY WALK, Dubai, Autograph Collection

Kids Eat Free

Chival is a chic and stylish dining destination for those looking to fuel up on nutritional feasts full of goodness. Its light and feminine décor also boasts a grand outdoor seating area, with an extensive range of menus available throughout the day.

+971 54 309 5948
laville.dining@autographhotels.com
FestiveCravings.com



KALEA

Lapita, Dubai Parks and Resorts, Autograph Collection

Kids Eat Free / Group 30% Discount

An all-day dining restaurant offering a diverse buffet dining experience. Choose to relax indoors beneath the traditional waka canoes or outdoor overlooking the resort. Follow in the footsteps of the Lapita people and be immersed in the Southern Pacific ambience as you dine with family and friends.

+971 4 810 9421
lapita.restaurantreservations@autographhotels.com
FestiveCravings.com



Skye & Walker

Marriott Executive Apartments Dubai Creek

Kids Eat Free / Group 30% Discount

Skye & Walker is an urban sustainable neighborhood eatery for globetrotters & savvy foodies in the heart of the "old" Dubai. We create guilt free nutritious dishes including vegan, raw & gluten free choices that are inspired by fresh, local ingredients, sourced through a few handpicked partners.

+971 4 213 1221
skyeandwalker@marriott.com
FestiveCravings.com



Bamboo Lagoon

JW Marriott Hotel Dubai

Group 30% Discount

Step into Bamboo Lagoon where a taste of Far Eastern and fusion cuisine meets the exotic: a scattering of huts, bridges, waterways, rushing waterfalls and live entertainment all add to this fun dining experience. Indulge in the sumptuous seafood buffet where Polynesian, Indonesian and Thai influences offer an excellent selection of healthy choices.

+971 4 607 7977
jwdubai.dining@marriotthotels.com
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Tried & tasted

Each month, we review two of the city's top tables.





Where?
MORIMOTO DUBAI, RENAISSANCE DOWNTOWN DUBAI

Dining experience: Friday brunch

What's it like? Located on the 23rd and 24th floors of Renaissance Downtown Hotel in Business Bay, Morimoto Dubai opened its doors earlier this year. With a few months of settling in under its belt, the modern Japanese restaurant has now launched a weekly Friday brunch, which takes place from 12.30pm to 4pm – and it's certainly one to check out!

Morimoto Dubai is the restaurant of famed chef Masaharu Morimoto – known to many as the star of Iron Chef and Iron Chef America. The accomplished chef who came from beginnings at the original Nobu in New York, has restaurants worldwide in destinations like Las Vegas, Honolulu, Tokyo, Mumbai and more.



Inside, the expansive venue comprises a restaurant, lounge, bar and terrace, all of which offer the most magnificent views over Burj Khalifa. Entry is via a separate, roadside entrance to the hotel's main lobby and once inside, the vibe is cool, stylish and upbeat, with distinctive Japanese design and artwork mixed with contemporary architecture.

With gorgeous floor-to-ceiling windows, the space at Morimoto Dubai is glamourous and sets the scene for an all-round great day out, with the Friday brunch experience starting in the outlet's upstairs bar with welcome canapes and drinks, before guests are escorted downstairs for the main event.

What are the food highlights? Once seated in the main dining room downstairs, the feasting begins. Morimoto's hybrid brunch combines both live cooking stations and a la carte dishes served to the table, with all options on offer covering a great range of Japanese classics, influenced by American flavour preferences.

To begin, we head to the sushi counter and as expected, the selection on offer is impressive with everything from tuna and salmon, to hamachi and prawns used in maki rolls, nigiri and as sashimi.

The made-to-order stations were a firm favourite, including a soba station, miso soup station and a chicken ramen station, which all allowed personalisation of dishes. Also from the selection of starters, find seafood gyoza, prawn tempura and tuna tacos.

Moving onto main course, guests are able to pick one dish per person from the a la carte menu which comprises the famed braised black cod in a ginger-soy reduction, crispy fish with a spicy tofu sauce, Hamachi teriyaki with yuzu pickled daikon, grilled wagyu steak in a sweet onion garlic jus, marinated half chicken, or the yellowtail buri bop.

A sharing style platter is served to the table for dessert, and included a gorgeous selection of freshly cut fruits plus small bites of tempting cakes including cheesecake with homemade ice creams.

How was the service? The front of house team at Morimoto Dubai are full of energy, ensuring the Friday brunch vibe is upbeat and lively. They're friendly and attentive – ensuring all guests were well taken care of and had a great time. The team – chefs included – brought brunch to a close with a group dance, which encouraged brunchgoers to join in and end the experience on a high note.

The bottom line: The vibe at Morimoto is alive and uplifting. It's a fun, chic venue that's ideal for visiting with a small group of friends for a Friday brunch that's all about high-quality food, fantastic service, a relaxing atmosphere and stunning Burj Khalifa/city views.

Want to go? Brunch packages start from Dhs350 for food and soft drinks. For more information or to make a reservation, call 04-5125577 or see morimotodubai.com.









Where?
FOGUEIRA RESTAURANT & LOUNGE, RAMADA PLAZA JBR

Dining experience: Dinner

What's it like? Now that the weather is getting cooler, Ramada Plaza JBR's Brazilian churrascaria is the perfect choice for those wanting to enjoy an evening of good food and good views. The outdoor terrace on the 35th floor boasts panoramic views of Dubai Marina and Jumeirah Beach, and serves as an impressive backdrop for a special dinner – definitely one to bear in mind if you have visitors in town!

When BBC Good Food Middle East visited on a Tuesday evening, the terrace area was pleasantly busy, with guests piling in as the evening grew later in readiness for the Latino band that comes on at around 8pm.

We were welcomed on arrival by executive chef Dermott O'Flynn, who explained that Fogueira is one of the "only outlets" serving over 21 cuts of the finest meats in town, while also being veggie friendly, so we couldn't wait to get started.

What are the food highlights?

If you're a carnivore like myself, then this is most certainly a must-visit. Fogueira's core concept revolves around the two-sided placemat that each guest is presented with on arrival: flip it to the green side if you're ready to indulge in continuous rounds of skewered, simmering meats – served tableside by Fogueira's wonderfully accommodating staff, or flip it to the red side once you've come to terms with the fact your eyes are, undoubtedly, bigger than your stomach. Don't worry, it happens to us all!

We began with a selection of appetizers at the table, which included cheesy garlic dough balls, plantain fritters and chicken coxhina – a deliciously moreish Brazilian street food dish, comprising shredded chicken and cream cheese, which is then coated in batter and fried.

We then ventured indoors to sample the expansive salad bar to pick side dishes for the copious amount of meat that was sure to follow. Mindful not to overload the first plate – a mistake I am all too guilty of committing at a buffet, I opted for a selection of roasted sweet potato, quinoa and feta salad and pineapple carpaccio. The pineapple is a must-try, as its light texture and sharpness cuts through what can otherwise be quite a heavy and rich meal. It is also the perfect palette cleanser between courses.

To my delight, the meat began to arrive within minutes of me displaying my green card to the waiters. Chef Dermott had already given us behind-the-scenes access to see how the meat is barbecued on individual skewers prior to us visiting the salad bar, so I was itching to try it for myself by the time it arrived. Rump steak, rib-eye, lamb chops, chicken wings, striploin, duck breast; you name it, and Fogueira's 21 cuts of meat is bound to have it. The melt in the mouth rump steak was a particular highlight, and though it was served medium-rare, it can be cooked to your liking upon request. The lamb chops and barbecued tiger shrimps are also not to be missed. If cold pineapple carpaccio isn't your thing, then Fogueira offers caramelised pineapple, presented tableside and coated in sugar and cinnamon, as a palette cleanser and welcome break from the meat rounds.

If you've got room, there's an expansive dessert buffet on offer, with a variety of traditional Brazilian dishes to conclude the evening. Chocolate lovers will be sure to enjoy Brazil's take on a sweet bonbon – made up of condensed milk, cocoa powder, butter and chocolate sprinkles, known as a brigadeiro. Deliciously rich, I found that half of one was plenty, so perhaps share one with your dining partner! If you're after something slightly lighter, try the beijinho – which is essentially a coconut version of the brigadeiro, but equally as tasty.

How was the service? There is a number of helpful staff on hand at Fogueira, armed with plenty of meat to go around, so rest assured - your plate will never be empty while your card is on green! They're also very knowledgeable on each cut of meat that is served, so don't be shy if you have questions.

The bottom line: A meat lover's dream; but be sure to go with an empty stomach!

Want to go? Packages start at Dhs335 for access to the Brazilian buffet with soft drinks. To book, call +971 4 439 8888.









THE GREAT WALDORF ASTORIA BRUNCH

Waldorf Astoria Dubai Palm Jumeirah takes centre stage with a brand new theatrical brunch this season

As the curtain rises on the new brunch season in Dubai, Waldorf Astoria Dubai Palm Jumeirah is taking centre stage with a brand new act – The Great Waldorf Astoria Brunch.

Launching on November 2, the Great Waldorf Astoria Brunch will take place every Friday from 1-4pm. The resort's much loved Mezzerie restaurant will be transformed into a spectacular setting full of theatrical surprises, entertainment and interactive table service, with an array of show stopping dishes for the whole family to enjoy.

Diners will have front row seats to the performance as chefs interact with the tables as they prepare homemade mini truffle pasta in cocktail shakers and deliver spectacular oyster desserts via wheelbarrow to handcraft and serve at the table. Pass around specialties will include oyster shooters, ekura ebi angel hair, a whole roasted lamb, smoked scallops served in jars and spray painted desserts. Meanwhile, Waldorf Astoria's legendary buffet will feature all the classic brunch highlights, with fresh sushi and salad stations, and an enticing dessert safari.



The fun factor is taken to another level with a live saxophonist and magician providing interactive entertainment for the whole family, whilst a DJ spins show-worthy tunes between performances. Kids and adults alike can also take part in enjoy an array of party games, from the classic bottle toss, to family favourites such as Jenga, with a few surprise acts yet to be announced.

THE GREAT WALDORF ASTORIA BRUNCH

Every Friday at Mezzerie, located on the lower ground floor, from 1pm to 4pm

- **AED 375** per person for Soft Package
- **AED 495** per person for Premium Package
- Children below 6 years old dine for free and children between 6-12 years old dine with a 50% discount.

Waldorf Astoria Dubai Palm Jumeirah
Tel: +971 4 818 2222
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EAT IN OR DINE OUT

LA CARNITA

Visit the newly-opened Mexican street food restaurant La Carnita at InterContinental Dubai Marina, or try chef Lara Said's mouthwatering ways to top your tacos at home with three of her delicious recipes

text SOPHIE VOELZING *recipes* LARA SAID
photography MAKSYM PORIECHKIN



InterContinental Dubai Marina's basement is home to the city's hippest new hangout – Mexican street food restaurant and bar, La Carnita. An import from Canada, La Carnita started out as a pop-up venue in an industrial, Toronto-based art gallery serving free tacos. Since, the brand has gone on to open six branches in Canada, the US and now its first in the UAE.

Inside, the vibe is cool, young and upbeat – don't come here for an intimate, quiet meal, as old school hip hop and R&B tracks play loudly, which is super fun, if you're into that sort of thing.

La Carnita's décor is urban, artistic and rough around the edges, in a good way. Think wrought iron and concrete, bare brick walls showcasing street art murals, spray paint tags and metal cages around the booths (cause you never know with the Dubai Marina crowd).

The menu here encourages sharing, which is great as there are so many tempting options to choose from. To start, don't miss the scorpion wings – a serious favourite from the experience, these ancho BBQ chicken wings pack so much flavour and are seriously flinger-licking good. While your fingers are messy, dig in to a cob of Mexican street corn topped with anejo cheese, a creamy sauce and a dash of chili powder. To enjoy on the side, try the Cali salad, which combines grilled corn, cherry tomato, black beans, chickpeas, avocado, sunflower seeds, pea shoots and agave sherry dressing.

Now, for the main event – La Carnita's tacos and tostadas. As a group of four, we were able to sample a generous range and there honestly wasn't a bad dish served, but there were of course highlights. The delicious crispy cod tacos were prepared in a light, non-greasy batter, topped with Voltron sauce, lime crema, pickled red cabbage, green apple and cilantro, while the carne asada (grilled steak) was tender and offered a punchy kick with chipotle mayo, tomatillo salsa and crispy shallots. The tuna ceviche tostada was generously topped with freshly cut cubes of tuna, guacamole, coconut milk, habanero, tomato and cucumber, which all come together to offer really fresh flavours. Another strong contender was the vegetarian mushroom tostada, which offered meaty textures and a pretty big kick of spice.

La Carnita also has a couple of main courses on its menu, but with so many tempting tacos to fill up on, they're not really the stars of the menu. If your sweet tooth is pushing for dessert, La Carnita's churros are a must.

All-in-all, La Carnita is fun new spot, serving quality food at a really accessible price point.

Now all that's left to do is decide whether to visit La Carnita to try chef Lara's dishes firsthand, or host a taco party at home with her recipes overleaf. If you plan on visiting, be sure to make a reservation, as the restaurant gets booked up on weekends.

Want to dine out? For reservations, please call 04-44254030 or e-mail reservations@lacarnitadxb.com or visit lacarnita.ae.





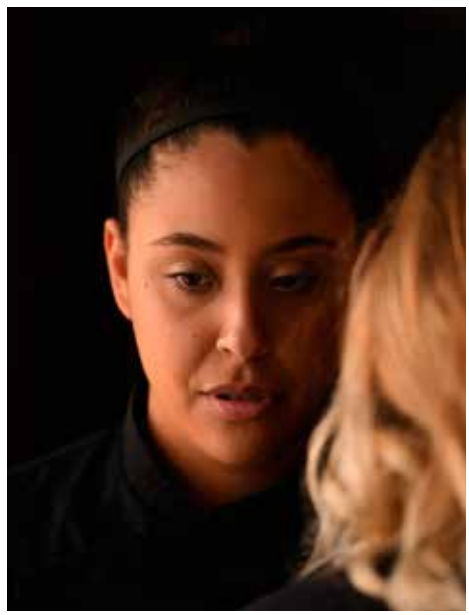


TACO MENU

ACHIOTE CHICKEN TACO

CARNE ASADA TACO

TUNA CEVICHE TOSTADA









Achiote chicken taco

30-40g Achiote marinated chicken thigh
15ml Mexican crema
15ml Achiote hot sauce
20g Grilled pineapple & jalapeno salsa
3-5g Queso cotija
3g Crispy fried shallots
Coriander chiffonade

1 Marinate the chicken thighs for 24 hours in an achiote blend
2 Grill the pineapples, and make a salsa with jalapenos, red onion, fresh coriander & lime juice
3 Grill the chicken thighs until nicely charred, & coat in the achiote hot sauce
4 Lay the chicken on top of a warm tortilla, top with Mexican crema & pineapple salsa
5 Finish with crumbled cotija cheese, crispy fried shallots & fresh coriander



Carne asada taco

30-40g Dry-spice marinated Angus beef Ribeye
20ml Chipotle mayonnaise
1 piece Lime-avocado slice
20g Tomatillo salsa
3g Crispy fried shallots
Coriander chiffonade

1 Marinate the ribeye in a mixed dry spice blend overnight & char-grill until rare to medium rare
2 Dice the tomatillos, red onions, jalapeno & mix with a coconut milk & lime juice dressing
3 Place the chipotle mayonnaise on top of a warm tortilla, cut the ribeye into small equal dice and place on top of the chipotle.
4 Top with a lime juice marinated avocado, fresh tomatillo salsa & garnish with crispy shallots & fresh coriander

Tuna ceviche tostada

45g Fresh yellowfin tuna
1 piece Crispy corn tortilla
25-30g Cucumber & tomato salsa
25ml Coconut & habanero dressing
30g Guacamole
Toasted coconut
Coriander sprouts

1 Top the crispy corn tortilla with fresh guacamole.
2 Marinate the diced tuna with the cucumber & tomato salsa, and dress with the coconut milk & habanero mixture
3 Season with salt & pepper
4 Top the guacamole with the tuna ceviche mixture
5 Garnish with coriander sprouts & toasted coconut

MIRIAM'S FOOLPROOF HACKS

Let's eat more picnics

Don't put up with soggy sarnies and wilted lettuce – try these top tips



Miriam Nice is a published author and illustrator. She has written over 300 recipes for BBC *Good Food*.
@miriamjsnice

I'm convinced that food tastes better at a picnic. I'm not sure if that's down to the open air or simply the effect of sitting on a tartan blanket, because I've had many super picnics inside, too. My mate Helen and I packed one for a jubilee celebration once, then due to the persistent drizzle, ended up having our cucumber sandwiches on the floor of her flat instead.

Conversely, if the sun is out, I've been known to dish up dinner onto picnic plates and insist we eat it down the road, on the green. For me, that still counts as a picnic even if it's a Tuesday and we're having spag bol.

Here are my favourite tips and ideas for picnic success, whatever the weather. The main thing is to just go for it, but keep it simple. Oh, and when you add crisps to sandwiches (though not cheese and onion crisps – I'm not a monster), do so at the last minute so they stay crunchy.

Checklist for a perfect picnic

✔ Freeze fruit juice in ice cube trays then pop the cubes out into an airtight lunchbox. This will keep the food around the container nice and cool then, once the juice melts, you can pour into cups, top up with soda water and drink it.

✔ Leafy salads will wilt before your very eyes, especially in the sun, so ditch the green salads and go for chunky crudités like celery sticks and cucumber wedges instead.

✔ Keep sauces and dressings separate where you can to stop things going soggy.

✔ Ask all guests to bring a cushion in their own tote bag to sit on. Everyone can sit where they want instead of having to move the blanket every five minutes to please both the shade chasers and sunseekers alike.



Portrait DAVID COTSWORTH | Illustrations MIRIAM NICE



FLASKS AREN'T JUST FOR TEA

Instead of filling your cool bag with all the drinks, load up a good flask with ice and sparkling water. Just keep it steady so it doesn't get too shaken up on the journey.

Jar salads

While it seems like a hipster fad akin to paint-can cocktails, serving salad in a jam jar makes a lot of sense. The idea is that the dressing goes in first, gets trapped at the bottom and gently marinates anything around it, so choose a robust ingredient like chickpeas, feta or griddled veg for the first layer. Then, fill up the jar with the more delicate ingredients, like fresh herbs, at the top. To serve, tip out into a bowl or serving platter so the dressing gets drizzled over the top of the salad.





No more soggy sandwiches

How do you make the best picnic sarnie? Make an absolutely massive one! The French have it absolutely nailed with the pan bagnat. That's a crusty boule or baguette loaf, cut in half, the middle ripped out, then stuffed with boiled eggs, tuna, tomatoes and olives. Make it your way with layers of your favourite cheeses, cured meats, tomatoes and soft herbs like basil or chives. Or search 'stuffed rainbow baguette' at *bbcgoodfood.com* for one of our latest recipes. Once assembled, wrap tightly with parchment and tie with string. Pop in the fridge overnight with something heavy on top or pack in the bottom of the cool box to press the layers together. Cut into wedges or slices to serve.



Courgette frittatas

Quicker to make than a quiche and made in individual muffin cases for easy serving.

Heat oven to 220C/200C fan/gas 7, then put an empty muffin tin inside. Coarsely grate **1 large** or **2 small courgettes** and slice **4 spring onions**. Heat **2 tsp rapeseed oil** in a frying pan and fry the spring onions for about 3 mins. Stir in **1 crushed garlic clove** and the grated courgette and cook for another 1 min, then set aside to cool. Meanwhile beat **3 large eggs** with a **good pinch dill fronds** and **4 tbsp Greek yogurt** in a jug, then season. Stir in the fried courgette mix. Take the muffin tin out of the oven and divide the mixture between eight muffin cases and bake for 15-18 mins until set and golden.

MAKE IT SPECIAL

Pack a dipping sauce

Make a simple and versatile dipping sauce in a jar or tub with a well-fitting lid – great for wedges of cucumber, or perking up a mini Scotch egg. Mix the ***juice of 1 lime*** *with* ***1 tbsp golden caster sugar***, ***3 tbsp fish sauce*** *and* ***1 finely chopped red chilli****. Just before you leave the house, add an ice cube.*

Vegan sandwich fillings

Got veggie or vegan guests but lacking sandwich filling inspiration? Try some of these delicious combos.

Stir-fry veg (except bean sprouts) + tahini + sesame seeds	**Cashew cream cheese + chives + cucumber**	**Smoked tofu + aubergine pickle**	**Hummus + grated carrot + fresh coriander + hot sauce**	**Beetroot hummus + roasted chickpeas + pesto**




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Let's eat outside

There's nothing more wonderful than spending lazy days in the garden now that the weather has cooled down. So spend more time with your family and friends and share these super simple recipes from senior food editor Cassie Best

photographs TOM REGESTER



Little buttermilk cheesecakes with honey roast summer fruits, p38



Crunchy veg, bread and crisps are all great for dipping into hummus

Easy nibbles for a crowd



Split the hummus into two serving dishes, keeping one in the fridge until the first one is gone

Beetroot hummus party platter, p32

NO COOK

Beetroot hummus party platter

Never know what to cook when you have friends round for drinks? Here's the answer. This one-platter-serves-all dish is suitable for vegans (if you leave out the prosciutto and mozzarella) but everyone will love it. It looks striking, is easy to put together and doesn't require any cooking. Triple win. Oh, it's also delicious.

SERVES 8 **PREP** 15 mins **NO COOK** **EASY** **V** **P**

2 x 400g can chickpeas, drained
2 x 300g pack cooked beetroot, drained
2 small garlic cloves
2 tbsp tahini
100ml extra virgin olive oil, plus a drizzle to serve
good squeeze of lemon juice
2 tbsp toasted hazelnuts, roughly chopped
2 tbsp pumpkin seeds, roughly chopped
2 tsp nigella seeds
1 tsp sumac (optional)
pinch chilli flakes (optional)
To serve (optional)
crunchy summer veg, cut into batons (we used fennel, sugar snap peas, baby heritage carrots & radishes)
bread, toasted and cut into fingers for dipping
mini mozzarella balls
olives
prosciutto-wrapped breadsticks

1 Set about 2 tbsp chickpeas aside. Tip the rest of the chickpeas, the beetroot, garlic, tahini, oil and lemon juice into a food processor with a good pinch of salt. Blend until smooth, then check the seasoning, adding a little more salt or lemon if it needs it. Chill the hummus until you're ready to serve (*will keep for up to two days*).
2 Transfer the hummus to a wide, shallow bowl or spread over a platter. Drizzle with some oil, scatter with the reserved chickpeas, hazelnuts, seeds, sumac and chilli (if using). Arrange the veg, bread, cheese and breadsticks around the platter and let everyone dig in.

GOOD TO KNOW folate • fibre • 2 of 5-a-day • gluten free
PER SERVING 312 kcals • fat 22g • saturates 3g • carbs 17g • sugars 7g • fibre 6g • protein 9g • salt 0.2g

Simple gazpacho

SERVES 6-8 **PREP** 15 mins **NO COOK** **EASY** **V** **F**

Put **1 chopped red onion**, ½ **chopped cucumber**, **2 crushed garlic cloves**, **1 chopped red pepper**, **600g ripe tomatoes** and **1 slice of white bread** in a food processor and blend until finely chopped. Tip into a large bowl with **300ml vegetable stock**, **5 tbsp olive oil**, **4 tbsp sherry vinegar**, **1 tsp sugar** and seasoning. Mix well, cover the bowl with cling film or foil and put in the fridge for at least 2 hrs, or overnight. To serve, pour into small bowls or glasses, drizzle over a little olive oil and some extra finely chopped vegetables, if you like.

GOOD TO KNOW healthy • low cal • vit c • 2 of 5-a-day
PER SERVING (8) 103 kcals • fat 7g • saturates 1g • carbs 7g • sugars 5g • fibre 2g • protein 1g • salt 0.1g

STRAIGHT-TO-TABLE DINNER FOR FRIENDS

One-pan seafood roast with smoky garlic butter

Give your Sunday roast a new look with hasselback potatoes and smoky, charred seafood. This stunning supper is all cooked in one pan, just serve some bread on the side for mopping up all the buttery juices.

SERVES 4 **PREP** 20 mins **COOK** 40 mins **EASY**

400g baby new potatoes
1 tbsp olive or rapeseed oil
2 corn cobs
8-12 large prawns, heads and shells on
8-12 mussels or large clams (or a mixture)
2 medium squids with tentacles, cleaned
150g butter
small bunch parsley, chopped, plus a little to serve
1 tsp smoked paprika
3 garlic cloves, crushed
1 lemon, zested then cut into wedges
200g ring chorizo, peeled and sliced

1 Heat oven to 200C/180C fan/gas 6. Use a large knife to hasselback the potatoes; cut incisions in each potato making sure you don't cut through to the base, and keep the cuts as close together as possible. Toss the potatoes in oil and some seasoning in your largest roasting tin (an oven tray is ideal – line with parchment first if it's old). Roast for 20 mins.
2 Butterfly the prawns by cutting a line down the back of each one, through the shell from the base of the head to the top of the tail. Pull out the black line of intestine from each one. Clean the mussels under cold water, pulling off any hairy or stringy bits. Hasselback the squid in the same way you did the potatoes.
3 Cut each corn cob into four pieces – the easiest way to do this is by positioning your knife, covering it with a tea towel and hitting it with a rolling pin. Add the corn to the tray, toss in the oil and return to the oven for 5 mins.
4 Mash together the butter, parsley, paprika, garlic and lemon zest. Stuff some of the butter into the back of each prawn and inside the squids. Turn the oven up to 220C/200C fan/gas 6. Add the seafood, lemon wedges and chorizo to the pan and toss everything together. Dot the remaining butter over the top, season well and return to the oven for 10 mins. If any of the prawns haven't turned pink or any mussels haven't opened, move them around the pan to the hot spots. Return to the oven for another 2-3 mins. remove and discard any mussels which haven't opened. Scatter some parsley over and serve.

GOOD TO KNOW fibre
PER SERVING 731 kcals • fat 53g • saturates 27g • carbs 23g • sugars 4g • fibre 6g • protein 36g • salt 3.0g


Most supermarkets sell great quality seafood in the freezer aisle. Defrost before cooking
Add white fish fillets to the pan, if you like


Any extra dressing can be served with meat or swirled into yogurt to make a dip
Sticky jerk lamb kebabs, p36
Use a jar of spice paste for a quick and easy marinade



A summer feast ready in 20 minutes

Epic summer salad, p36

10-MINUTE GOES-WITH-EVERYTHING SALAD

Epic summer salad

This salad is really an assembly job of gorgeous ingredients, no cooking required. If you're a fast chopper, you'll be able to get this on the table in about 10 minutes, and once you've tasted it, you'll want to bring it out for every BBQ and buffet. Serve it with these quick and easy lamb kebabs and you'll have an impressive summer feast on the table in 20 minutes.

SERVES 6 **PREP** 10 mins **NO COOK** **EASY** **V**

400g black beans, drained
2 large handfuls baby spinach leaves, roughly chopped
500g heritage tomatoes, chopped into large chunks
½ cucumber, halved lengthways, seeds scooped out and sliced on an angle
1 mango, peeled and chopped into chunks
1 large red onion, halved and finely sliced
6-8 radishes, sliced
2 avocadoes, peeled and sliced
100g feta, crumbled
handful of herbs (reserved from the dressing)

For the dressing

large bunch mint
small bunch coriander
small bunch basil
1 fat green chilli, deseeded and chopped
1 small garlic clove
100ml extra virgin olive oil or rapeseed oil
2 limes, zested and juiced
2 tbsp white wine vinegar
2 tsp honey

1 Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.
2 Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

GOOD TO KNOW healthy • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 392 kcals • fat 30g • saturates 5g • carbs 18g • sugars 12g • fibre 7g • protein 8g • salt 0.6g

Sticky jerk lamb kebabs

You can use goat meat for these kebabs if you can get hold of it. Leave the meat to marinade for a few hours if you have time.

SERVES 6 **PREP** 5 mins **COOK** 5 mins **EASY** ❄ uncooked only

Dice **900g lamb steaks**. Toss with **2 tbsp jerk paste or marinade**, the **zest and juice of 1 lime**, **1 tbsp honey**, a **handful of chopped thyme leaves** and some seasoning, thread onto metal skewers (or soak wooden ones in water for 20 mins before using) and set aside until you're ready to cook. Heat a griddle pan or BBQ and cook the kebabs for 2-3 mins each side (depending on the heat) until the meat is charred but the inside still a little pink, drizzling with a little more honey as they cook. Cover with foil and rest for 5 mins, then serve in flatbread with yogurt, fresh herbs and salad.

PER SERVING 258 kcals • fat 14g • saturates 6g • carbs 3g • sugars 3g • fibre none • protein 29g • salt 0.3g

5-INGREDIENT NO-CHURN ICE CREAM

Cherry ripple, chocolate & rose ice cream

The secret ingredient in the ice cream is the condensed milk – it prevents the ice cream from crystallising while adding sweetness. Serve in cones for the kids, or in slices for a dinner party dessert.

SERVES 8 **PREP** 15 mins plus 4 hrs freezing
NO COOK **EASY** **V** ❄

425g can pitted cherries in syrup, drained and reserved
½ tsp rose water
600ml double cream
½ 397g can condensed milk
100g bar dark chocolate, chopped (you want a nice mixture of chunks and smaller bits)
shortbread biscuits, cones and extra cherries, to serve (optional)

1 Line a 900g loaf tin with parchment or cling film. Tip the cherries into a food processor with 2 tbsp syrup from the tin, add the rose water and blend to a purée.
2 Whip the cream until it holds soft peaks, then stir in the condensed milk and half the cherry purée. Pour roughly a third of the mixture into the loaf tin, swirl through some of the purée and scatter with chocolate, then repeat the layers until you've used all the ingredients up. Freeze for at least 4 hrs. Turn out the ice cream, slice and serve with biscuits and extra cherries, or use a scoop for balls to fill ice cream cones.

GOOD TO KNOW gluten free
PER SERVING 544 kcals • fat 48g • saturates 29g • carbs 24g • sugars 22g • fibre 2g • protein 4g • salt 0.1g

Easy berry jam tart

SERVES 4-6 **PREP** 20 mins **COOK** 30 mins **EASY** **V**

Heat oven to 200C/180C fan/gas 6. Unroll a **375g sheet of all-butter puff pastry** and brush around the edge with **beaten egg**. Within this border, spread **200g of your favourite berry jam**. Top with a **handful of mixed berries** (halve or quarter large strawberries and leave others whole) and fold one side of the pastry over to enclose the filling, like a book. Use a fork to seal the edge all the way around. Brush more beaten egg over the top of the tart and slash a few air pockets in the pastry. Bake for 30 mins until deep golden brown. Leave to cool for 10 mins, then dust with **icing sugar** and serve with clotted cream or ice cream.

PER SERVING 346 kcals • fat 17g • saturates 12g • carbs 43g • sugars 23g • fibre 1g • protein 5g • salt 0.3g

No ice cream maker required!



Leave at room temperature for 10 mins before slicing

Keeps in the freezer for up to two months



MAKE-AHEAD DESSERT

Little buttermilk cheesecakes with honey roast summer fruits

These pretty little cheesecakes are so easy to make and serve. You can adjust the toppings throughout the year, using whatever fruits are in season. Caramelised apples and pears are lovely in the autumn and rhubarb looks stunning in spring.

MAKES 9 **PREP** 20 mins
COOK 50 mins plus at least 5 hrs cooling **EASY** **V**

For the cheesecakes
9 buttery biscuits (we used Fox's Butter Crinkle Crunch biscuits)
30g butter, melted
450g full-fat cream cheese
150ml buttermilk
100g icing sugar
1 egg, plus 1 egg yolk
1 tsp vanilla extract

For the fruits
mixture of stone fruits, halved or quartered and de-stoned, we used 2 apricots, 2 plums and 1 small peach
1 tbsp honey
2 tbsp dessert wine or marsala
splash of vanilla extract
handful raspberries or blackberries
9 tsp apricot jam

1 Heat oven to 150C/130C fan/gas 2 and line nine holes of a muffin tin with muffin cases. Put the biscuits in a food bag and crush to fine crumbs using a rolling pin or use a food processor, then mix with the butter. Spoon into the muffin holes and use the back of a spoon to press the biscuits into a compact layer.
2 Whisk the cream cheese, buttermilk, sugar, eggs and vanilla in a jug. Pour onto the biscuit bases, filling them right to the top. Bake for 20 mins, then turn the oven off and leave the cheesecakes inside for 2 hrs, or until the oven is completely cool. Once cool, chill for at least 3 hrs, or overnight if you can.
3 Heat oven to 180C/160C fan/gas 4. Toss the stone fruit, honey, wine and vanilla in a roasting tin and cook for 15 mins, until the fruit starts to soften and caramelise in places. Add the berries to the tin and cook for another 2-3 mins until they look shiny and juicy. Leave to cool. When you're ready to serve, place the cheesecakes on a platter or individual plates, top each one with a spoonful of jam and some of the fruits, drizzling over any juice from the tin.

PER SERVING 313 kcals • fat 18g • saturates 11g • carbs 30g • sugars 26g • fibre 1g • protein 5g • salt 0.5g

Blackberry & lemon fool

SERVES 2 **PREP** 5 mins
COOK 5 mins **EASY** **V**

Tip **200g blackberries** into a pan with **2 tbsp icing sugar** and the **zest and juice of ½ lemon**. Simmer until syrupy, then leave to cool. Chill for a few hrs. Whip **250ml double cream** with **1 tbsp icing sugar**, then swirl through most of the blackberries. Serve in glasses with extra blackberry sauce and **fresh blackberries** on top.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 744 kcals • fat 67g • saturates 42g • carbs 29g • sugars 29g • fibre 4g • protein 3g • salt 0.1g

Shoot director GARETH JONES | Food stylist KATY GREENWOOD | Stylist LUIS PERAL

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four ways with chicken wings

Prepare to get messy with these moreish party favourites

recipes CASSIE BEST *photographs* EMMA BOYNS

Blow-your-mind chilli-maple wings

SERVES 4-6 **PREP** 10 mins
COOK 50 mins **EASY**

Heat oven to 180C/160C fan/gas 4. Toss **1kg chicken wings** in a **drizzle of oil** and some seasoning in a baking tray. Cook for 30 mins. Combine **50g butter**, **150g hot chilli sauce**, **3 tbsp light brown soft sugar** and **2 tbsp maple syrup** in a saucepan with a good **pinch of salt** and bubble until thick and glossy. Brush all over the chicken, return to the oven for 20 mins, turning and painting halfway through cooking, until sticky. Serve with **celery sticks** and **sour cream** for dunking.

PER SERVING (6) 316 kcals • fat 17g • saturates 7g • carbs 24g • sugars 22g • fibre 1g • protein 17g • salt 1.4g



Mango & lime wings

SERVES 4-6 **PREP** 5 mins **COOK** 50 mins **EASY**

Heat oven to 180C/160C fan/gas 4. Toss **1kg chicken wings** in a **drizzle of oil** and some seasoning in a baking tray. Cook for 30 mins. Mix **200g mango chutney** with the **zest of 1 lime**. Brush all over the chicken, return to the oven for 20 mins, turning and painting halfway through cooking. Serve scattered with **sliced red chilli** and roughly chopped **coriander leaves**.

PER SERVING (6) 232 kcals • fat 10g • saturates 3g • carbs 18g • sugars 16g • fibre 0.3g • protein 17g • salt 1.7g

Shoot director GARETH JONES | Food stylist MYLES WILLIAMSON | Stylist JENNY IGGLEDEN

Sweet & sticky sesame wings

SERVES 4-6 **PREP** 10 mins
COOK 50 mins **EASY**

Heat oven to 180C/160C fan/gas 4. Season **1kg chicken wings** and toss in **a little sesame oil** in a baking tray. Cook for 30 mins. Mix **1 tbsp chopped fresh oregano**, **zest of 2 lemons** plus **the juice of ½** with **2 tbsp toasted sesame seeds** and **4 tbsp honey**. Paint all over the wings and return to the oven for 20 mins, turning and painting halfway through cooking. Serve with some **yogurt** swirled with **harissa paste**, and **lemon wedges**.

PER SERVING (6) 225 kcals • fat 12g • saturates 3g • carbs 12g • sugars 12g • fibre 1g • protein 17g • salt 0.6g



Ideal for a casual get-together – just don't forget the napkins!

Cola wings

SERVES 4-6 **PREP** 15 mins
COOK 1 hr **EASY**

Put **1kg chicken wings** in a pan and cover with **1 litre cola**. Add **4 bay leaves** and **6 cracked allspice berries**. Cover and gently simmer for 20 mins. Heat oven to 180C/160C fan/gas 4. Drain the wings and pat dry. Transfer to a roasting tin and toss with **1 tbsp vegetable oil** and cook for 20 mins. Meanwhile, put **200ml cola**, **4 tbsp soy sauce**, **6 tbsp ketchup**, **2 tbsp light brown soft sugar** and **2 tbsp Dijon mustard** in a pan and bubble until you have a thick glaze. Paint it all over the wings and return to the oven for another 15-20 mins, brushing with more glaze at 5 min intervals.

PER SERVING (6) 250 kcals • fat 12g • saturates 3g • carbs 17g • sugars 17g • fibre 0.4g • protein 17g • salt 2.7g

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recipes SOPHIE GODWIN *photographs* STUART OVENDEN

Roasted aubergine with chilli peanut dressing

SERVES 1 **PREP** 10 mins
COOK 30 mins **EASY** **V**

1 tbsp oil
1 tbsp sweet chilli sauce
2 tsp soy sauce
1 small aubergine
1 tbsp peanut butter
½ lime
70g basmati rice
small bunch coriander, a few leaves picked to serve, the rest chopped
2 spring onions, thinly sliced

■ Heat oven to 180C/160C fan/gas 4. Mix the oil with ½ tbsp sweet chilli sauce and 1 tsp soy. Cut the aubergine into wedges lengthways, then transfer to a foil-lined roasting tin. Pour over the sweet chilli mixture and toss. Separate them out so they cook evenly, then roast for 30 mins.

■ Meanwhile, mix the remaining sweet chilli, soy and the peanut butter. Squeeze in the lime, then add a splash of water and set aside. When the aubergine has 15 mins left, cook the rice following pack instructions, then stir through the chopped coriander and spring onion.

■ Pile the rice into a bowl, and top with the aubergine. Drizzle over the peanut sauce, then scatter over the coriander leaves and spring onions.

GOOD TO KNOW vegan • folate • fibre • 1 of 5-a-day
PER SERVING 532 kcals • fat 21g • saturates 3g • carbs 66g • sugars 14g • fibre 10g • protein 13g • salt 2.0g

Honey & soy chicken thighs with sesame broccoli

SERVES 4 **PREP** 10 mins
COOK 45 mins **EASY**

3 tbsp soy sauce
3 tbsp honey
2 tbsp oil
1 tbsp garlic & ginger paste
8 skin-on chicken thighs
1 large head broccoli, cut into florets
1 tbsp sesame seeds
rice, to serve (optional)

■ Heat oven to 200C/180C fan/gas 6. Mix the soy, honey, 1 tbsp of the oil and ½ tbsp garlic & ginger paste in a bowl. Pour over the chicken thighs and leave to marinate if you have time, but don't worry if not – they will be delicious either way. Tip the chicken with all the marinade into a roasting tin, skin-side up. Cook for 45 mins until sticky and the skin is crispy.
■ When the chicken has 15 mins left, start cooking the rice following pack instructions, if using, and heat the remaining oil in a frying pan. Add the remaining garlic & ginger paste, sizzle for 1 min, then tip in the broccoli along with a splash of water. Cover and cook for 10 mins until tender, then take the lid off, tip the sesame seeds into the pan and give everything a good toss around. Season. Serve with the chicken, and all the caramelised bits from the bottom of the tin.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING 401 kcals • fat 22g • saturates 5g • carbs 17g • sugars 15g • fibre 6g • protein 30g • salt 1.7g



Scampi po' boys

SERVES 2 **PREP** 5 mins
COOK 15 mins **EASY**

2 part-baked white baguettes
200g frozen scampi
½ iceberg lettuce
2 tomatoes
4 gherkins
1 small garlic clove
3 tbsp mayonnaise
1 tbsp hot sauce
lemon wedges, to serve

■ Heat oven to 220C/200C fan/gas 7. Put the baguettes on a baking tray and put the scampi on a second baking tray lined with foil. Put both trays in the oven and bake for 15 mins, turning the baguettes halfway so they cook evenly.

■ Meanwhile, slice the lettuce, tomatoes and gherkins. Crush the garlic clove into the mayonnaise and mix with the hot sauce and a little bit of juice from the gherkin jar. Season.

■ Split the baguettes down the middle lengthways. Generously spread the mayonnaise inside, then cram with the lettuce, tomatoes, gherkins and scampi. Squeeze over lemon juice to serve.

GOOD TO KNOW folate • fibre • 2 of 5-a-day
PER SERVING 840 kcals • fat 51g • saturates 4g • carbs 71g • sugars 10g • fibre 7g • protein 20g • salt 2.9g

Sausage, kale & gnocchi one pot

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY**

1 tbsp olive oil
6 pork sausages
1 tsp chilli flakes
1 tsp fennel seeds (optional)
500g fresh gnocchi
500ml chicken stock (fresh if you can get it)
100g chopped kale
40g parmesan, finely grated

■ Heat the oil in a large high-sided frying pan over a medium heat. Squeeze the sausages straight from their skins into the pan, then use the back of a wooden spoon to break the meat up. Sprinkle in the chilli flakes and fennel seeds, if using, then fry until the sausagemeat is crisp around the edges. Remove from the pan with a slotted spoon.

■ Tip the gnocchi into the pan, fry for a minute or so, then pour in the chicken stock. Once bubbling, cover the pan with a lid and cook for 3 mins, then stir in the kale. Cook for 2 mins more or until the gnocchi is tender and the kale has wilted. Stir in the parmesan, then season with black pepper and scatter the crisp sausagemeat over the top.

GOOD TO KNOW calcium • fibre • vit c
PER SERVING 516 kcals • fat 27g • saturates 10g • carbs 44g • sugars 3g • fibre 6g • protein 21g • salt 2.5g





Cauliflower soup with fancy chorizo topping

SERVES 2 **PREP** 10 mins **COOK** 20 mins **EASY**

2 tbsp olive oil
1 onion, chopped
1 cauliflower, cut into florets
2 garlic cloves, finely chopped
500ml chicken or vegetable stock
5cm long piece of chorizo, cut from a ring
1 large slice of crusty bread
2 tbsp double cream
small bunch parsley, chopped

■ Heat 1 tbsp oil in a saucepan over a medium heat. Add the onion along with a pinch of salt. Cook until soft, about 6 mins, then tip in the cauliflower and half the garlic. Give everything a good stir, then pour in the stock. Cook for 12 mins or until the cauliflower is tender.

■ Meanwhile, peel the chorizo, then chop into small pieces. Toast the bread, then tear or cut into crouton-sized pieces. Heat the remaining oil in a frying pan, add the chorizo and fry until crisp. Tip in the bread and remaining garlic and cook for a minute or so until everything is nicely coated in the chorizo oils. Set aside.

■ Using a stick blender, blitz the soup with the double cream and season to taste. Reheat if necessary, then divide between two bowls. Mix the parsley with the chorizo and croutons, and top generously.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 550 kcals • fat 38g • saturates 15g • carbs 27g • sugars 10g • fibre 8g • protein 21g • salt 1.8g

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Salmon, sweet potato & coriander fishcakes with tahini dressing

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY**

1 large sweet potato
2 tbsp tahini
1 lemon, ½ zested and juiced, ½ cut into wedges
1 small pack coriander (stalks and all)
½ tsp coriander seeds
2 skinless and boneless salmon fillets, cut into chunks
1 tbsp plain flour
1 tbsp olive oil
salad, to serve

■ Peel the sweet potato and cut into rough chunks, then put in a microwaveable bowl with a splash of water. Cover with cling film, then cook on high for 8 mins. Meanwhile, whisk the tahini with the lemon juice and enough water to make a thick dressing. Season and set aside.

■ Carefully remove the cling film from the sweet potato, then blitz in a food processor. Leave to cool for a couple of mins, then add the coriander and coriander seeds. Blitz to a herby mash, then add the salmon, lemon zest, flour and some seasoning. Pulse again – you want the salmon to be roughly mixed in, rather than obliterated to mush.

■ Shape into four fishcakes. Chill in the fridge if you have time. Heat the oil in a large non-stick frying pan over a medium heat. Add the fishcakes and fry for 5 mins on each side until crisp and golden. Serve with the lemon wedges, tahini dressing and salad.

GOOD TO KNOW fibre • vit c • omega-3 • 1 of 5-a-day
PER SERVING 607 kcals • fat 36g • saturates 6g • carbs 32g • sugars 7g • fibre 7g • protein 35g • salt 0.3g

Shoot director ANDREW JACKSON | Food stylist SOPHIE GODWIN | Stylist VICTORIA ELDRIDGE





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Tuna pizza



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breakfast

rise & shine

gf healthy diet plan

This healthy veggie breakfast will really set you up for the day and takes very little time to prepare. It makes a great lunch, too

recipe SARA BUENFELD ***photograph*** ROB STREETER

Avocado & black bean eggs

Don't be tempted to leave out the lime as it really seasons the beans, especially if you're omitting salt to make this dish healthier.

FIBRE | GLUTEN FREE | 3 OF 5-A-DAY

SERVES 2 **PREP** 5 mins **COOK** 5 mins
EASY V

2 tsp rapeseed oil
1 red chilli, deseeded and thinly sliced
1 large garlic clove, sliced
2 large eggs
400g can black beans
½ x 400g can cherry tomatoes
¼ tsp cumin seeds
1 small avocado, halved and sliced
handful fresh, chopped coriander
1 lime, cut into wedges

1 Heat the oil in a large non-stick frying pan. Add the chilli and garlic and cook until softened and starting to colour. Break in the eggs on either side of the pan. Once they start to set, spoon the beans with their juice and the tomatoes round the pan, and sprinkle over the cumin seeds. You're aiming to warm the beans and tomatoes rather than cook them.
2 Remove from the heat and scatter over the avocado and coriander. Squeeze over half of the lime wedges. Serve with the remaining wedges on the side for squeezing over.

GOOD TO KNOW healthy • fibre • 3 of 5-a-day • gluten free
PER SERVING 356 kcals • fat 20g • saturates 4g • carbs 18g • sugars 5g • fibre 11g • protein 20g • salt 0.8g

If you missed the start of our Summer Healthy Diet Plan in June, sign up at *bbcgoodfood.com/free-diet-plan*

Shoot director MARTIN TOPPING | Food stylist SOPHIE GODWIN







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lighter suppers

straight to the table

Who says healthy can't be hearty? You'll feel both staisfied and nourished with these simple-to-make dinners

recipes SOPHIE GODWIN *photographs* ROB STREETER

Curried chicken pie

LOW CAL | IRON | 2 OF 5-A-DAY

SERVES 4 **PREP** 20 mins
COOK 25 mins **EASY**

2 tbsp cold pressed rapeseed oil
500g chicken breasts, cut into chunks
4 spring onions, sliced
3 garlic cloves, grated
thumb-sized piece ginger, grated
1 tbsp curry powder
1 large head broccoli, cut into florets, top of stalk thinly sliced
1 tsp soy sauce
250ml low-fat coconut milk, plus a splash
250ml chicken stock
1 heaped tsp cornflour mixed with 1 tbsp hot water
4 large handfuls kale
4 sheets filo pastry
½ tbsp nigella seeds

1 Heat oven to 220C/200C fan/gas 7. Pour 1 tbsp oil into a flameproof casserole dish. Add the chicken, season and fry for 4-5 mins on a medium heat, turning, until lightly browned. Remove with tongs and set aside.
2 Pour ½ tbsp more oil in to the casserole dish and add the spring onions. Fry gently for a couple of mins, then stir in the garlic, ginger and curry powder. Cook for 1 min, then tip the chicken back in to the pan, along with the broccoli, soy sauce, coconut milk, chicken stock and cornflour mixture. Bring the mix to the boil, then stir in the kale. Once it has wilted, take off the heat.
3 Mix the remaining oil with the splash of coconut milk. Unravel the pastry. Brush each sheet lightly with the oil mixture, then scrunch up and sit on top of the pie mixture. Scatter over the nigella seeds, then put in the oven for 12 mins, or until the pastry is a deep golden brown. Leave to stand for a couple of mins before serving.

GOOD TO KNOW healthy • low cal • iron • folate • vit c • 2 of 5-a-day
PER SERVING 461 kcals • fat 15g • saturates 5g • carbs 33g • sugars 5g • fibre 9g • protein 43g • salt 1g



Vegetarian bean pot with herby breadcrumbs

FIBRE · VIT C · 5 OF 5-A-DAY

SERVES 2 **PREP** 10 mins
COOK 35 mins **EASY V**

1 slice crusty bread
½ small pack parsley leaves
½ lemon, zested
2 tbsp olive oil
pinch chilli flakes (optional)
2 leeks, rinsed and chopped into half-moons
2 carrots, thinly sliced
2 celery sticks, thinly sliced
1 fennel bulb, thinly sliced
2 large garlic cloves, chopped
1 tbsp tomato purée
few thyme sprigs
150ml glass white wine
400g can cannellini beans, drained

1 Toast the bread, then tear into pieces and put in a food processor with the parsley, lemon zest, 1/2 tbsp olive oil, a good pinch of salt and pepper and the chilli flakes, if using. Blitz to breadcrumbs. Set aside.
2 Heat the remaining oil in a pan, add the leeks, carrots, celery and fennel along with a splash of water and a pinch of salt. Cook over a medium heat for 10 mins until soft, then add the garlic and tomato purée. Cook for 1 min more, then add the thyme and white wine. Leave to bubble for a minute, then add the beans. Fill the can halfway with water and pour into the pot.
3 Bring the cassoulet to the boil, then turn down the heat and leave to simmer for 15 mins before removing the thyme sprigs. Mash half the beans to thicken the stew. Season to taste, then divide between bowls and top with the herby breadcrumbs to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 5 of 5-a-day
PER SERVING 446 kcals • fat 15g • saturates 2g • carbs 40g • sugars 12g • fibre 21g • protein 16g • salt 0.5g

Shoot director MARTIN TOPPING | Food stylist SOPHIE GO DWIN

Moroccan roast lamb with roasted roots & coriander

LOW CAL · IRON · 3 OF 5-A-DAY

SERVES 4 **PREP** 15 mins
COOK 55 mins **EASY**

½ leg of lamb, around 800g
2 red onions, cut into wedges
1 butternut squash, skin left on, cut into wedges
1 celeriac, peeled and cut into wedges
2½ tbsp cold pressed rapeseed oil
2 tbsp ras el hanout
8 garlic cloves, skin on
1 small bunch coriander
½ tsp cumin seeds
1 lemon, zested and juiced
½ green chilli, deseeded

1 Take the lamb out of the fridge while you chop the onions, squash and celeriac. Heat oven to 200C/180C fan/gas 6. Trim the leg of any excess fat, then cut a few slashes into the meat and rub ½ tbsp oil and 1 tbsp ras el hanout over the meat and season with salt and pepper. Put the onion, celeriac, butternut squash and garlic into a large roasting tin. Toss with the remaining ras el hanout, remaining oil and some salt and pepper. Nestle the lamb into the tin and put in the oven to roast for 40 mins.
2 Take the lamb out of the oven and leave to rest. Put the veg back in the oven for 20 mins. Meanwhile, blitz the coriander, cumin seeds, lemon zest and juice, and green chilli together in a mini food processor until finely chopped and vivid green.

Carve the lamb, put on a platter, then pile on the veg. Spinkle on some of the coriander mix before taking it to the table for everyone to help themselves.

GOOD TO KNOW healthy • low cal • fibre • iron • 3 of 5-a-day • gluten free
PER SERVING 446 kcals • fat 20g • saturates 5g • carbs 18g • sugars 10g • fibre 10g • protein 45g

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Pumpkin pie s'mores



Cookie s'mores

GIMME S'MORE

S'mores are an American bonfire classic – toasted marshmallows sandwiched between chocolate and biscuits. Here are four indulgent variations to enjoy with a mug of hot chocolate

recipes CHELSIE COLLINS

Pumpkin pie s'mores

MAKES 8 **PREP** 5 mins
COOK 1-2 mins **EASY** V

Heat the grill to high and line a baking sheet with parchment. Put **8 gingernut biscuits** on the tray and top each with **a marshmallow**. Grill until the marshmallows are turning brown and melty. Mix **8 tsp warmed, canned pumpkin purée** with a **pinch of cinnamon** and put 1 tsp each on another **8 gingernuts**. Sandwich together.

PER S'MORE 118 kcals • fat 3g • saturates 2g • carbs 20g • sugars 10g • fibre 1g • protein 1g • salt 0.2g



Cookie s'mores

MAKES 8 **PREP** 5 mins
COOK 1 min **EASY** V

Heat the grill to high and line a baking sheet with parchment. Put **8 chocolate chip cookies** on the tray and top each with **a marshmallow**. Grill until the marshmallow begins to brown and melt. Put **1 tsp chocolate hazelnut spread** on another **8 cookies** and sandwich on top of the melty marshmallow layer.

PER S'MORE 194 kcals • fat 8g • saturates 4g • carbs 27g • sugars 16g • fibre 0.2g • protein 2g • salt 0.3g

Salted caramel & peanut butter s'mores

MAKES 8 **PREP** 5 mins
COOK 2-3 mins **EASY** V

Heat the grill to high and line a baking sheet with parchment. Put **8 waffle biscuits** on the tray with **a peanut butter cup** on each and grill until the cup begins to melt. Put **1 tsp caramel** on another **8 waffles** and sprinkle a few salt flakes over each. Gently sandwich the waffle biscuits together.

PER S'MORES 256 kcals • fat 12g • saturates 6g • carbs 34g • sugars 22g • fibre 1g • protein 3g • salt 1g

Lemon meringue pie s'mores

MAKES 8 **PREP** 2 mins
COOK 1-2 mins **EASY** V

Heat the grill to high and line a baking sheet with parchment. Put **8 shortbread rounds** on the tray and top each with **a large marshmallow**. Grill until the marshmallow begins to brown and melt. Put **a tsp of lemon curd** on another **8 shortbread rounds** and sandwich with the melty marshmallow layer.

PER S'MORE 273 kcals • fat 12g • saturates 8g • carbs 37g • sugars 14g • fibre none • protein 3g • salt 0.3g

Millionaire's shortbread

Perfect for a picnic or birthday party, these caramel and chocolate squares will go down a treat

photograph WILL HEAP

Millionaire's shortbread

To ensure the caramel layer sets, boil the ingredients until they turn deeper in colour and thicken.

MAKES 20 pieces **PREP** 25 mins plus cooling **COOK** 35 mins **EASY** V

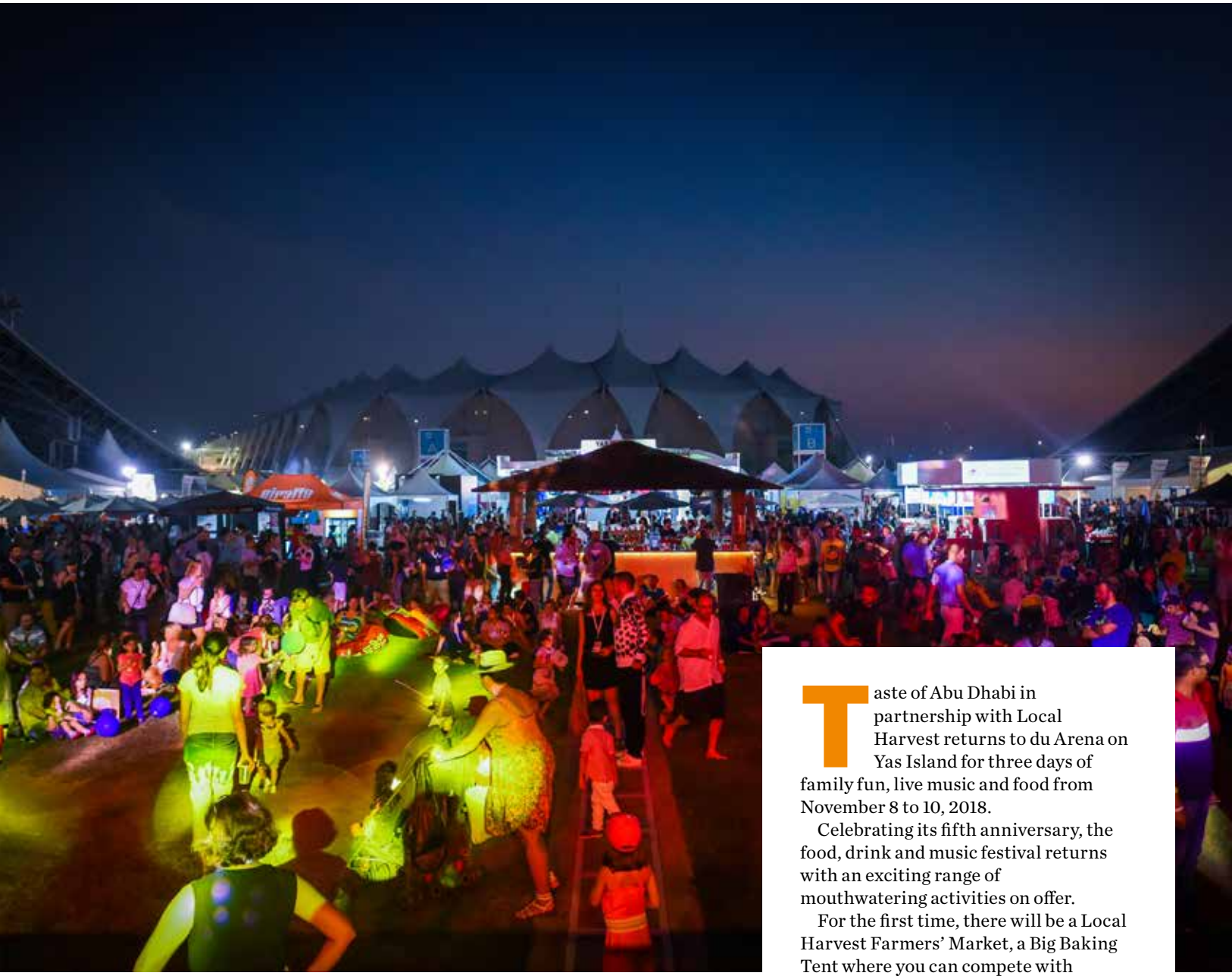
175g butter, softened, plus extra for the tin
250g plain flour
75g caster sugar
For the caramel
100g butter or margarine
100g light muscovado sugar
2 x 397g cans condensed milk
For the topping
200g plain or milk chocolate, broken into pieces

1 Heat oven to 180C/160C fan/gas 4. Lightly butter a 33 x 23cm Swiss roll tin with a lip of at least 3cm. To make the shortbread, mix the flour and caster sugar in a bowl. Rub in the butter until the mixture resembles fine breadcrumbs. Knead the mixture together until it forms a dough, then press into the base of the prepared tin. Prick the shortbread lightly with a fork and bake for 20 mins or until firm to the touch and lightly browned. Leave to cool in the tin.
2 To make the caramel, tip the butter, sugar and condensed milk into a pan and heat gently until the sugar has dissolved. Bring to the boil, stirring all the time, then reduce the heat and simmer very gently, stirring continuously, for about 5-10 mins or until the mixture has thickened. Pour over the shortbread and leave to cool.
3 For the topping, melt the chocolate in a bowl over a pan of hot water. Pour over the cold caramel and leave to set. Cut into squares or bars to serve.

PER SQUARE 300 kcals • fat 14g • saturates 9g • carbs 38g • sugars 30g • fibre 1g • protein 4g • salt 0.3g




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TASTE OF ABU DHABI RETURNS

The capital's biggest food, drink and music festival, Taste of Abu Dhabi returns to du Arena, Yas Island on November 8, 9 & 10, 2018

Taste of Abu Dhabi in partnership with Local Harvest returns to du Arena on Yas Island for three days of family fun, live music and food from November 8 to 10, 2018.

Celebrating its fifth anniversary, the food, drink and music festival returns with an exciting range of mouthwatering activities on offer.

For the first time, there will be a Local Harvest Farmers' Market, a Big Baking Tent where you can compete with celebrity chefs in a bake-off, an interactive BBQ Steak-Out to perfect your grill skills, and cooking and baking classes designed especially for kids. With an amazing line up of culinary action, International music acts and a host of celebrity chefs, the fifth anniversary celebrations promise to have the right balance of sugar and spice for the Capital's favourite food, drink and entertainment festival.

Local Harvest, the brand of Abu Dhabi Farmers' Services Centre (ADFSC) this years' partners of Taste of Abu Dhabi, will host a Farmers Market with fresh vegetables and produce from Farms in Abu Dhabi. You'll be able to meet farmers, sample and shop for produce, and find out first-hand about the vast range of fresh vegetables, fruit, meat and eggs available right on your doorstep.

For those with a sweet tooth, the all-new 'Big Baking Tent' gives you the

Photographs SUPPLIED













perfect opportunity to perfect your baking skills. The icing on the cake is Master Pâtissier Eric Lanlard, who will host an exciting series of specially-tailored masterclasses during the 3-day festival open to everyone from baking experts to baking beginners. Other chefs showcasing their baking best will be Omar Orfali, Gary Rhodes, and Robertos' Andrea Falcone.

Taste of Abu Dhabi will have its first ever 'BBQ Steak-Out' hosted by Master Chef Tarek Ibrahim and special guest chefs Anthony Pichon, Hattem Mattar and Mohammad Orfali who will share their best BBQ tips, as you participate in 'live' challenges using premium halal Aussie lamb and beef on the latest Weber PULSE smart grills.

Everyone under 12 years gets free entry to Taste of Abu Dhabi so to keep them entertained there will be special cooking and baking classes just for kids by Fathima Ahmed the talented founder of Table for Five. There will also be a dedicated Kids' Zone to keep the little ones entertained including everything from arts & crafts, inflatables to face painting, and lots more.

The festival kick-starts on Thursday, November 8 with a big night of international music acts live on stage including former Girls Aloud singer Nadine Coyle; 2017 Britain's Got Talent singer Sarah Ikumu; and The Bootleg Beatles who will be bringing a little bit of Abbey Road to Abu Dhabi performing classics including Hey Jude, All You Need Is Love, Yellow Submarine and Black Bird. There will be live music all day, every day throughout the three-day festival from musical talent including DJ Sheps, 4TheMusic, Mark Zitti e Fratelli Coltelli, and Sound City.

You'll get the chance to taste over 48 signature dishes from this years' restaurants to sample throughout the weekend, and a host of bespoke beverage outlets. Restaurants will include the award-winning Italian restaurant Robertos from Rosewood on Al Maryah Island; legendary Hickory's Restaurant and Bar from Yas Links Golf Club; exciting Californian cuisine from Nolu; and a special pop-up of Gary Rhodes restaurant Theatre by Rhodes where you will be able to meet the man himself.

You will also get the chance to meet and cook alongside this year's host of celebrity chefs which includes Taste of Abu Dhabi favourites Sanjeev Kapoor, Reza Mahammad, and Jenny Morris.

Tickets are now on sale with a selection of options including VIP tickets for those looking for the ultimate Taste of Abu Dhabi Experience. For information on new restaurants, celebrity chefs, entertainment schedules and to purchase tickets for Taste of Abu Dhabi visit: tasteabudhabi.com

DRINKING RESPONSIBLY IN DUBAI

Did you know that local law requires you to have a valid Dubai Licence in order to have an alcoholic beverage, transport or store alcohol in your home? We hear from the guys at African & Eastern to learn how to get one.



Why do I need to apply for an Alcohol Licence?
Apart from the fact that by law you require an Alcohol Licence to have a drink, transport or store alcohol in your home – there are many additional benefits to having one! For example: You will receive vouchers worth AED 1,500 to spend at bars and restaurants around Dubai. You can shop online or at any one of our 16 conveniently located stores across the city 7 days a week. You will be able to access great value and the best offers when you shop with African + Eastern. Perhaps most importantly you will have peace of mind - with an Alcohol Licence in Dubai, you stay safe and stay legal

I have recently changed companies; do I need to renew my Alcohol Licence?
No. You will not need to renew your licence. But we will need to revalidate your licence with Dubai Police. So we will need to grab your, original licence, new visa and salary certificate OR Labour Contract Copy

If I do not have a tenancy contract, can I still apply for an Alcohol Licence?
Yes. If the tenancy contract is not under your name when applying for an alcohol licence, then a NOC (No Objection Certificate) from the person named on the tenancy is required along with a passport and visa copy.

I live in Dubai, but a different emirate has issued my visa. Can I apply for an Alcohol Licence?
Yes. You will need a NOC letter from the respective Emirates' Police Department or Municipality when submitting your application. For example, a NOC from Abu Dhabi Tourism & Culture Authority if your visa is from Abu Dhabi and a NOC from Fujairah Municipality for Fujairah visa holders.

I live in Sharjah but work in Dubai and my visa has been issued in Dubai. What now?
You can only apply for an Alcohol Licence if you live in Dubai. Since you live in Sharjah, your application for an Alcohol Licence has to be processed by the Sharjah Police. You will also need an NOC from the Dubai Police Department.

I am working for a Free Zone company; do I need an NOC from a Free Zone Authority?
No. Free Zone Authorities charge a fee for a NOC. Instead just submit an original salary certificate from your place of work

Can I use my husband's Alcohol Licence?
As partners, both a husband and wife should have their own licences. You will only be allowed to buy alcohol in-store if the Alcohol Licence is in your name.

HOW TO GET A LICENCE

Apply online
Visit alcohollicencedubai.com and complete the save-as-you-go online application from the comfort of your couch! A&E will call when your licence is ready. It really is that simple!

A&E can help
If you prefer a more personal experience pop by any of the 17 Dubai-based A&E stores and were a member of their team can assist.

Delivered to your door
Call A&E toll-free on 800 CHEERS (243377) to have an Alcohol Licence pack delivered to you.

REQUIREMENTS
So if you're non-Muslim, over 21 years of age and ready to get started on your Alcohol Licence, here are the supporting documents you will need whether applying online or in person for a new application:

- Copy of your passport and residency visa
- Your Labour Contract (Issued by MOL) or original salary certificate
- Your tenancy contract
- A passport photograph

WHY GET AN ALCOHOL LICENCE?

It's the law
The law of the land requires you to have a valid Dubai Licence to have a drink, transport or store alcohol in your home. For more information, visit **alcohollicencedubai.com.**



African & Eastern opens new store in the Springs Souk Mall

A&E recently opened a brand-new store in the Springs Souk Mall next to Springs 7. The mall has Carrefour, plus various other dining and retail options, plus Reel cinemas is scheduled to open soon. The store, which offers more than 1,500 products, is open seven days a week from 10am to 9pm Saturday to Thursday, and 2pm to 9pm on Fridays. For more information, visit africaneastern.com.

BBC goodfood Middle East AWARDS 2018



ALEXANDRE SZKARADKIEWICZ
Bleu Blanc by David Myers

ROBERTO SEGURA
Waka

ERIC JUNG
STK

LUIGI VESPERO
Galvin Dubai

CHEF OF THE YEAR 2018

The BBC Good Food Middle East Chef of the Year, is the only award in the region of its kind. This prestigious award celebrates talented chefs across the region, and rewards their gastronomic excellence.

Held on 4th November, the chefs - who earnt their places through gaining the highest number of public votes in our Restaurant of the Year Dubai and Abu Dhabi categories - will go head-to-head in a mystery box cooking challenge at The Emirates Academy of Hospitality Management in the hope of being crowned BBC Good Food ME Chef of the Year and winning a trip to Bali!

Voting remains open for all BBC Good Food ME Awards categories until November 8th visit bbcgoodfoodme.com/awards to cast your votes!

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Official Publication: BBC goodfood Middle East

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eat like a local



Home to scores of world-class restaurants, but also teeming with bakeries, street-food stalls and small craft breweries, Copenhagen should be high on the travel hit-list for any food lover

words JOEL PORTER

COPENHAGEN





Refresh your senses with rhubarb, angelica and spent grain cream at Amass



Fresh cod with mashed potatoes is elevated to culinary art at La Banchina, located away from the centre of town at the city's harbour. The menu changes daily depending on what is in season – and if the sun is out, feel free to take your meal out onto the quayside

A beautiful, relaxed waterside city packed with street-food stalls, cute coffee shops, bountiful bakeries, and some of the world's best restaurants, Copenhagen is undoubtedly one of the great foodie capitals. It was put firmly on the global gastronomic map when a little restaurant called *Noma* (*noma.dk*) was first crowned Best Restaurant in the World in 2010.

Noma's influence cannot be underestimated and traces of the New Nordic Cuisine it helped kickstart can be found all over the city, from the use of seasonal, foraged ingredients to the dominance of natural drinks. Whilst Noma, now relaunched in a new purpose-built location on the city's outskirts as Noma 2.0, remains the big draw, it's just the tip of the iceberg.

Copenhagen boasts many Michelin-starred places to eat including Noma's sister restaurant *108* (*108.dk*), plus two of the World's 50 Best Restaurants, *Relae* (*restaurant-relae.dk/en*) and *Geranium* (*geranium.dk/en*). Inventive tasting menus aren't for the everyday, however – traditional everyday highlights include hot dogs, a cherished Danish institution sold from mobile carts, and the flæskestegssandwich (roast pork sandwich) made from thick slices of roasted pork neck nestled in a soft bun with crispy crackling, pickled cucumbers, red cabbage and a spicy mayonnaise.

The city has fully embraced modern street food over the past few years with a new market called *Reffen* (*reffen.dk/en*) that opened in May, featuring 54 traders housed in shipping containers, plus bars, events spaces and parks set along the water's edge. There's also the more upmarket food hall *Torvehallerne* (*torvehallernekbh.dk*) which has wine bars, fresh oysters and *Hija de Sanchez* (*hijadesanchez.dk*), a taco stand from one of Noma's former pastry chefs.

If pastries are your thing, Copenhagen is an absolute paradise, and at independent bakeries such as *Mirabelle* (*mirabelle-bakery.dk/en*) and *Meyers* (*meyersmad.dk*) you can find everything from cinnamon swirls to croissants filled with custard

Photographs STINE CHRISTIANSEN, GETTY IMAGES, LINN GRUBBSTRÖM, CHRIS TONNESEN, ALAMY

and rhubarb, plus a whole range of freshly-baked Nordic-style loaves. It's a good idea to arrive early, though, as the best bites get snapped up quickly by the locals.

Live like a local

Being a relatively small city, Copenhagen is easy to navigate and most places are reachable on foot. If you truly want to live like a local however, hop on a bike and join the constant stream of cyclists along miles of bike lanes. There are a few public hire schemes, but the best is *Bycklen* (*bycyklen.dk/en*) which has electric bikes with built-in GPS navigation.

Local knowledge

Matt Orlando (Amass) – "My secret go-to spot in Copenhagen has to be the little falafel stand at the back of the flea market in Christiania. *Falafelboden* to the locals, it's the best falafel in town, hands down!"

Where to stay

The recently opened *Nobis Hotel* (*nobishotel.dk*) is one of Copenhagen's most stylish hotels, located in a stunning old building that was once home to the Royal Danish Academy of Music. Close to Central Station and next door to the Tivoli Gardens, the bedrooms are very Scandi-cool, with deep blue walls, parquet wooden floors, and modern furniture. The easy-on-the-eye aesthetic is consistent throughout the experience, right down to the breakfast offering, which is served in a lovely light-filled conservatory space. Here, avocado is adorned with pretty flowers; the fruit is artfully sliced; and even the soft-boiled eggs come in a little basket of hay, as if fresh from the farm. Rooms from Dhs1,120 a night.

Head to Torvehallerne and Reffen for the best street food in Copenhagen



Try the tacos at Hija de Sanches in Torvehallerne food market

5 PLACES TO EAT

1 La Banchina
One of the best restaurants in Copenhagen, La Bachina (*https://www.labanchina.dk*) is a hidden gem located in the industrial harbour and may just offer the city's most idyllic setting for dinner in the former gate house of the shipyard. It also features a wood-fired sauna and a long pier where locals sunbathe, drink wine and swim in summer. Inside, seasonal set menus offer simple Italian and Danish dishes, plus pastries. Four-course menu from Dhs210.

2 Amass
Equally hidden and almost next door to La Banchina in a huge gallery-like space is Amass (*amassrestaurant.com*), a high-end yet relaxed restaurant committed to sustainable, zero-waste practices. It also boasts its own garden growing vegetables, berries, and herbs. Founded by Noma alumnus Matt Orlando in 2013, the creative tasting menus include turbot, oyster mushroom and burnt lemon, and pumpkin seed custard with fermented honey. Tasting menus from Dhs374.

3 Barr
On the site of the original Noma is Barr (*restaurantbarr.com*) which opened in 2017, a more casual offering than its predecessor with dishes like free-range pork schnitzel with horseradish, and ribs with green tomatoes. Four courses for Dhs328.

4 Bæst
Pizza may not be the first thing you think of eating in Copenhagen but thanks to Bæst (*baest.dk*), it's become an essential stop on the city's food circuit. Located in the trendy Nørrebro district, Bæst takes the quality of its ingredients very seriously, making its own organic dough, mozzarella, ricotta, and charcuterie in-house from scratch. Cooked in a wood-fired oven that gives the dough a smoky character, this is one of the best pizzas you'll have anywhere in the world. Pizzas from Dhs46.

5 John's Hot Dog Deli
A visit to Copenhagen without eating a hot dog would be like a trip to the seaside without having fish and chips. At John's Hot Dog Deli (*facebook.com/johnshotdogdeli*) in the Meatpacking District, there's a selection of free-range sausages that can be loaded up with toppings at an incredible condiment station that includes everything from caramelised onion compote with bacon, to bell pepper relish and pickled red cabbage, as well as the usual ketchup, mustard, and hot sauces Dhs28.


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Win a two-night weekend staycation for two people plus one child at Al Ain Rotana, inclusive of buffet breakfast and brunch, worth AED 5,000

Al Ain Rotana the ultimate oasis escape, is a luxury five-star hotel nestled in the luscious Garden City of the Emirates and boosting six world-class dining options, and award-winning Zen the spa.

Enjoy a delicious International buffet with live cooking stations, a sushi counter, seafood bar, live Mongolian BBQ station, falafel, pizza and pastries while kids are getting entertained with direct cooking activities with our Chef. Gather with family and friend every Friday from 12:30 pm to 3:30 pm, children under 6 eat for free and children aged from 6-12 eat for half price for a lavish Friday brunch at Zest All Day Dining Restaurant.

The prize draw for a two-night stay for two adults and one child at Al Ain Rotana will be made at the end of November 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

SCAN THIS QR CODE TO GO STRAIGHT TO OUR WEBSITE.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A GRAND AFTERNOON TEA FOR 4 PEOPLE! WORTH AED 900

Indulge in a slice of one of the finest traditions with Grand Afternoon Tea at Sidra Lobby Lounge.

Enjoy a fine selection of sandwiches, freshly baked scones with clotted cream and strawberry preserve, and a mouth-watering range of exquisitely presented pastries and teacakes, complemented by 18 different types of loose-leaf tea brewed to perfection.

Served in the majestic surrounds of Habtoor Palace, the afternoon is complemented by a musical ensemble with a pianist, cellist and violinist to ensure an unforgettable experience. Every Saturday from 2pm - 5pm.



WIN!

A FAMILY CARTOON BRUNCH VOUCHER! WORTH AED 700

The award-winning Cartoon Brunch is inspired by fun and bright cartoons, where it brings guests to an exciting journey of illustrative food stations presented in an innovative way to entertain both adults and kids alike. The buffet selection is guaranteed to deliver a huge rush of excitement with live Tandoori Kebabs, Street food corner, poached seafood, sashimi and sushi station, Italian corner with delicious pizzas and pastas as well as a chocolate fountain in the desserts station to add flair. The #cartoonbrunch is every child's paradise. The precious little ones will be pleasantly surprised with the colours and grandeur presented every Friday mixed with a range of weekly balloon binder entertainment in the privacy of their dedicated kids' corner that boasts of a 'Power Bites' buffet, face painting, movies, colouring mats, photo booth and other activities.



WIN!

A LAKEVIEW FRIDAY WHITE BRUNCH FOR 2! WORTH AED 590

With an all-white buffet style setup, Lakeview offers mix of tasty starters including sushi and variety of salads, as well as selection of savory pastry and other bites. For the main course, enjoy a host of delicious mains from the buffet and sizzling live stations. To end the afternoon on a sweet note there is a selection of sharing style desserts served to the table that will have diners coming back for more. While indulging in the mouthwatering dishes, guests can take part in 'music bingo' with a chance to win a one-hour BBQ Donut ride for five people. For the youngest of guests, there is a cupcake decorating station with a dedicated chef to help them create their very own cupcake masterpiece.



WIN!

AN IHEARTFOODAE MEAL PLAN! WORTH AED 600

Enjoy a week out of the kitchen knowing all your nutritional needs are taken care of.

Design your own meal plan on iheartfoodae and enjoy healthy portion-controlled meals delivered to your front door.



WIN!

A MATTO BRUNCH FOR 2! WORTH AED 500

Enjoy MATTO Dubai's Friday brunch with a complimentary 'Vino e Birra' package for Two. MATTO's Brunch, held every Friday between 12pm until 4pm, is not for the faint-hearted; think of all the devine carbohydrates getting together in one room: wood-fired pizza, pasta, Parmesan risotto wheels, fresh homemade breads, cheese, cheese, and more cheese, Italian street food, desserts, and so much more.



WIN!

A DINING VOUCHER TO SPEND A WEST 14TH! WORTH AED 500

Let the music fill the air! With spectacular views of the Dubai Marina and the loft-inspired atmosphere, get a chance to bring your friends where you can enjoy live music and a selection of the finest steaks at West 14th.



WIN!

A TABLE FOR 4 AT BALCON TERRACE! WORTH AED 500

Balcon Terrace is back! Chill out under the stars while you send your taste buds on a true tapas journey with a fusion of Asian and Mediterranean flavors. Unwind in one of our private poolside cabanas or head to the custom-made bar, and indulge in one of the enticing concoctions crafted specifically for Balcon by our team of master baristas. Listen to chilled tunes as the sun dips below the horizon and enjoy our range of flavored hubbly bubbly.

To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

BASILICO
mediterranean restaurant



It's in the craft we master



It's in the moments we share



It's in the food we love.

THE Gourmed BRUNCH

Savour a delightful variety from the extensive buffet, together with a delectable à la carte menu of mouthwatering dishes cooked in our open kitchen and inspired by the Mediterranean cuisines, complimented by breathtaking views of the Arabian Gulf.

Live music and entertainment.

Rates starting from AED 199
Every Friday from 12:00 noon till 4:00 pm

Only at Rotana Hotels...

For bookings log on to rotanatimes.com, call 07 206 6333 or email fb.cove@rotana.com

The Cove Rotana
Resort – Ras Al Khaimah



A WORLD CLASS TAKE ON DINING

Indulge in traditional American Classics with World Cut Steakhouse, Habtoor Palace's award-winning restaurant. From signature flavours to bold beverages and the finest steaks you'll ever taste, we have all the right reasons to dine here.

World Cut Steakhouse, a cut above the rest.

WORLD CUT
STEAKHOUSE

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